City of Bloomington Parks and Recreation Department

# Program Guide

January-April 2010









Visit us online at www.bloomington.in.gov/parks.



#### Welcome to City of Bloomington Parks and Recreation!

Our mission is to provide essential services, facilities and programs necessary for the positive development and well-being of the community through the provision of parks, greenways, trails and recreational facilities while working in cooperation with other CITY OF BLOOMINGTON parks and recreation service providers in the community in order to maximize all available resources.



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# City of Bloomington Parks and Recreation Department office, City Hall

401 N. Morton St., Ste. 250 Phone: (812) 349-3700

Fax: (812) 349-3705

E-mail: parks@bloomington.in.gov

**Hours:** Monday–Friday, 8 a.m.–5 p.m. **Closings** (entire City building is closed): *Christmas Day* (December 25), *New Year's Day* (January 1), *Martin Luther King, Jr. Day* (January 18), and *Good Friday* (April 2)

**Services offered:** Program/event registration, shelter rentals, ballfield rentals, recreational gear rental, maps, brochures, sponsorship inquiries (see page 46), volunteer inquiries (see page 45) and community relations.

**Parking:** Designated visitor spaces available in lot on north end of the building. Metered parking and designated visitor spaces on Morton St.

**Accessibility:** Designated parking spaces in North and South lots, ramp/sidewalk access from parking lots, automatic doors at south entrance, elevator located inside main entrance, restrooms available on ground and second floor level.

#### **Mayor of Bloomington**

Mark Kruzan

## Parks and Recreation Department Director

Mick Renneisen

#### **Board of Park Commissioners**

John Carter—President
Jane St. John—Vice President
Les Coyne
Joe Hoffmann

The Board of Park Commissioners holds regular meetings the fourth Tuesday of every month, which are open to the public. Meetings begin at 4 p.m. in City Hall, located at 401 N. Morton St. Citizens of Bloomington are invited to visit the Board of Park Commissioners meetings with questions or concerns regarding City parks and recreation programs.

#### **Equal Opportunity is for everyone**

This program receives federal funds from the National Park Service. Regulations of the U.S. Department of the Interior strictly prohibit unlawful discrimination in departmental federally assisted programs on the basis of race, color, national origin, age or handicap. Any person who believes he or she has been discriminated against in any program, activity or facility operated by a recipient of federal assistance should write to:

Director, Equal Opportunity Program, U.S. Department of the Interior, P.O. Box 37127, Washington D.C. 20013-7127

This guide is printed with soy-based ink on 10 percent post-consumer recycled paper.

Many of our programs and events are part of the Bloomington Entertainment and Arts District (BEAD).

BEAD is a geographically defined, mixed-use

cultural district capitalizing on local and regional assets that are specific to the cultural, economic and social issues of Bloomington.

For more information on BEAD visit http://bloomington.in.gov.

#### **HOTLINE NUMBERS**

Community Events
Performing Arts Series
Peoples Park Concerts
(812) 349-3754

All Sports (Basketball, Softball, etc.) **(812) 349-3610** 

Frank Southern Ice Arena (Fall/Winter) (812) 349-3741

#### **Additional numbers**

Maintenance Headquarters Rose Hill & White Oak Cemeteries (812) 349-3498

Lee Huss, Urban Forester (812) 349-3716

Inclusive Recreation Services (812) 349-3747

# Are you on our mailing list?

To receive the program guide, published three times per year, please call 349-3700 and ask to be placed on the mailing list.

## Photo policy

Parks and Recreation staff may videotape or take photos of participants in programs and at special events or of people in parks or on park properties. These photos may be used in future program guides, brochures, fliers or other materials used to promote Parks and Recreation.



Please recycle this guide.

#### **Inclusive Approach to Recreation**

Parks and Recreation is committed to an inclusive approach to recreation. Inclusion is individuals with and without disabilities participating in



recreation activities together. All of our programs are inclusive to people with and without disabilities. See page 12 for more information about our Inclusive Recreation Services.

#### **Fee Waivers**

Parks and Recreation offers fee waivers for use of Bryan Park and Mills Pools. Applications can be obtained at the Parks and Recreation office or any parks facility, and may be submitted to any Bloomington Parks and Recreation facility or employee. Proof of income and in-city residency is required along with a nonrefundable \$2 fee. Approval of fee waiver requests is based on Federal Poverty Guidelines as received from the Indiana Family and Social Services Administration's Housing and Community Services Section.

#### **Scholarships**

Because some residents are unable to participate in our programs due to economic hardship, the Bloomington Community Park and Recreation Foundation provides youth scholarships to offset certain fees and charges. Scholarship applications can be obtained at the Parks and Recreation office, Monday through Friday, 8 a.m.—5 p.m., at any department facility, or online at www.bloomington.in.gov/parks. Scholarship applications must be submitted at least two weeks prior to the start of the program for which applying. Proof of income and in-city residency is required.

#### **Natural Resources Educator**

Learn more about the amazing natural and cultural resources of our community courtesy of our Natural Resources Educator! Schedule general or specialized programs, classroom visits or field trips to suit your interests. For more information, call 349-3759.

#### Space is Limited—Register Early!

All classes have limited spaces available. To ensure enrollment, please register by dates given. After the registration deadline please call for space availability. Register by sending in the enrollment form in this guide or in person from 8 a.m.–5 p.m. at the Parks and Recreation office, 401 N. Morton St., Ste. 250. You may also register online at www.bloomington.in.gov/parks.

Nothing cancels a good course quicker than everyone waiting until the last minute to register. If there are not enough registrations by the registration deadline, the course may be cancelled. Coming in on the day the course begins won't resurrect it, so please register early.

#### **Refund Policy**

No refunds are provided after the first day of a program. All refunds are subject to a \$2 administrative fee. If the \$2 charge does not cover costs incurred by the Department, the refund may be pro-rated in addition to the \$2 charge. There are no refunds on season passes. Full refunds are given for all classes cancelled by Parks and Recreation.

## **Substitution Policy**

Parks and Recreation reserves the right to use substitute instructors and alternate facilities when necessary.

#### The City of Bloomington Parks and Recreation Department is proud to offer programs that help make Bloomington an active community!



The Active Living Coalition strives to increase the number of people in Monroe County who engage in healthy, active lifestyles by working together to present community events, conduct research, offer networking opportunities, and provide heart-healthy programs for all ages. For more information visit www.bloomingtonhospital.org. Click on the "Events and Classes" pull-down menu and select "Active Living."

Look for the "Healthy Heart" logo next to heart-healthy programs throughout this guide. We are pleased to offer not only heart-healthy programming, but also a trained Health and Wellness Coordinator, Lindsay Buuck, as a resource for building a healthy lifestyle.



#### Support Parks and the Community and Promote Your Business Become a Parks Partner

The Parks and Recreation Department offers a variety of programs for all ages and interests. Last year, more than 676,000 people participated in Parks and Recreation programs. If you are trying to reach youth, teens, families, young adults or adults over age 50 yrs., we have the medium to promote your product or service. If your business believes in supporting the community, quality of life and environment, City of Bloomington Parks and Recreation has many sponsorship options to choose from. See page 46 for more information.

# Get Involved ... Volunteer!

# Look for the volunteer symbol throughout the program guide.



Parks and Recreation volunteers provide valuable services to the community by assisting in many events and programs in a variety of ways. Volunteers can participate on a regular basis or on occasion as desired. There are many opportunities for



individuals and groups to choose from and an assortment of times and days available. **See page 45 for more information.** 



#### Cool Parties, Inc. and Group/Arena Rentals at Frank Southern Ice Arena

Rinkside Party Room: Rent the rinkside party room for your next birthday, holiday, company party or just for a group of friends. This climate-controlled room with a panoramic view of the rink offers a great place for up to 20 guests. The room rents for just \$40 per public session. Group rates (10 or more people) are \$4.50/person (includes skate rental) or \$3.50 per person (bring your own skates).

Chillin' Party package:

Cost \$40. Includes use of party room during public session and cleanup. Cost: \$90. Includes use of party room

Cool Party package:

during public session, 10 admissions with skate rental, and cleanup. Additional admissions \$4.50/person.

Way Cool Party package: Cost: \$225. Includes use of party room during public session, 10 admissions with skate rental, 24 slices of pizza, tablecloths and tableware, lemonade, a private skating instructor and cleanup after your event. Additional admissions \$7/person.

**Arena Rental:** The Arena may be rented for exclusive use during unscheduled times. Rental includes the use of the lobby, sound system, ice pad, and locker rooms. There is an additional fee for skate rental. Reservations must be made at least 10 days prior to the requested date. A non-refundable deposit of 10 percent is required. All participants at private hockey functions must wear protective gear. Call the Arena to reserve your date.

2009–10 Ice Arena Rental Rates: Prime Times: \$160 per hour (weekdays 4–11 p.m. or weekends 8 a.m.–11 p.m.), *Slow Times:* \$140 per hour (morning or late night)

Call the Arena at 349-3740 to reserve your date.

#### Birthday Parties at Twin Lakes Recreation Center

Rental includes: tables, chairs and use of one basketball court or turf for one hour. Decorating, set-up and cleanup must be done during the rental time, or additional time can be added.

#### \$50/hour with court, \$80/hour with turf

*Plan on eating during your party?* Bring in your own food or purchase fountain drinks, hot dogs, chicken tenders, and pizza at our concession services.

For more information, contact the Twin Lakes Recreation Center at 349-3720.

#### **Shelter Rentals**

See page 10.

# City of Bloomington Allison-**Jukebox Community Center**

351 S. Washington St. Phone: (812) 349-3731

Fax: (812) 349-3785

Hours: Call 349-3731 for facility hours and times for scheduled classes/events.

Closings: Christmas Day (December 25), New Year's Day (January 1), Martin Luther King, Jr. Day (January 18), Good Friday (April 2)

Program/Facility Coordinator: Tim Pritchett **Inclusive Recreation Coordinator:** Amy Shrake

**Bus Line:** #1

Facility information: Two large activity rooms, restrooms and a full kitchen are available for rental. *Call 349-3728 for reservation and availability.* 

Accessibility: Designated parking space and accessible entrance in rear/southeast side of building, accessible restrooms.

## Bentals at Allison-Jukebox

Room	Nonprofit	Private
Activity rooms (two available)	\$20/hour/room	\$35/hour/room
Restrooms only (with Third Street Park)	\$20/hour	\$35/hour
Kitchen	\$15 flat fee	\$20 flat fee



# All Camp Registration Day

## Saturday, March 6 • 10 a.m.-3 p.m. City of Bloomington Allison-Jukebox **Community Center**

Register for camp on All Camp Registration Day and receive a parent T-shirt! Meet the staff responsible for coordinating our popular summer camp program. Ask specific questions about camp programs and themes.

See pages 24–25 for more information.



Kid City campers learn screenprinting techniques.

# City of Bloomington Banneker Community Center

930 W. Seventh St. Phone: (812) 349-3735

Fax: (812) 349-3705

**Hours:** Office Hours: Monday–Friday, 9 a.m.–5 p.m. Drop-In Hours: Monday–Friday, 5–9 p.m. **Closings:** Winter Break (December 25–January 3),

Martin Luther King, Jr. Day (January 18),

Good Friday (April 2)

Program/Facility Coordinator: Leslie Brinson

**Program Specialist:** Karen Serfling **Bus Line:** #3 drops at Fifth and Elm Streets

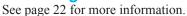
**Ages:** All ages are welcome. Children ages 10 yrs. and under must be accompanied by a responsible caregiver age 18 yrs. and up at all times.

**Facility information:** Gymnasium, recreation room, restrooms, full kitchen, library, Family Resource Center (third floor)

**Rentals:** Three meeting rooms, a gymnasium, full kitchen, and building are available for rental. *Call 349-3735 for reservation and cost information*.

**Accessibility:** Designated parking space on west side of building, ramp and elevator on ground floor, gym entrance is accessible.

#### **Bloomington Youth Basketball**



#### **Evans-Porter Memorial Library**

Hours: Monday–Friday, 9 a.m.–9 p.m. The Banneker Community Center is proud to host the Evans-Porter Memorial Library in partnership with the Monroe County Public Library. Come browse the book selections, magazines and resource materials located in the Library. Check-out procedures are easy and convenient.

MONROE COUNTY PUBLIC LTD BRARY

## **Banneker Advisory Council Meetings**

Share your ideas for programs, activities and special events at the Banneker Community Center. An opportunity for public comment is offered at each meeting. If interested in joining, please contact Leslie Brinson at 349-3734 for an application.

Monday, January 25 ♦ 4–5 p.m. Monday, March 29 ♦ 4–5 p.m.

#### Banneker Green Thumbs Garden



The Banneker Green Thumbs Garden, located at the Banneker Community Center, enables youth enrolled in the Banneker Center's after-school and summer programs to learn the art of organic gardening. Mother Hubbard's Cupboard, a local food pantry, partners with the Community Garden Program to help educate the youth of our community while producing food to be distributed to community members in need through the Plant a Row for the Hungry campaign. For information on how to participate call 349-3704 or e-mail drakeb@bloomington.in.gov.

## Frank Southern Ice Arena



#### 1965 S. Henderson St.

(behind Bloomington High School South)

#### Ice Information Hotline: 349-3741

Call the Hotline for information about public skating times, holiday skating hours, open ice times, and weather-related closings.

Phone: (812) 349-3740 Fax: (812) 349-3775

Rink Season: October 1 through February 28

Facility Coordinator: Dee Tuttle

**Facility information:** Ice pad, party room, locker rooms, restrooms, concessions, lobby, skate rental, skate sharpening **Accessibility:** Accessible lobby area and restrooms

#### **Public Skating Hours**

Monday through Thursday: Noon-2:30 p.m.

**Friday:** Noon–2:30 p.m. and 7–9 p.m.

**Saturday:** 12:30–2 p.m.

7–9 p.m. (Lunar Skating) 9:15–11 p.m. (Night Owl)

Sunday: 3–5 p.m. General Admission: \$5 Skate Rental: \$2.50

**Skate Sharpening:** \$4 and \$5 (immediate service)

**Economy Pass:** \$45 (10 sessions, excludes skate rental)

#### **Holiday Public Skating Schedule**

**Mon. 12/21–Wed. 12/23:** 1–7 p.m. Skate all day for one price.

Thur. 12/24–Fri. 12/25: Closed

**Sat. 12/26–Wed. 12/30:** 1–7 p.m. Skate all day for one price.

**Thur. 12/31:** Closed

Fri. 1/1–Sun. 1/3: 1–7 p.m. Skate all day for one price.

All sessions subject to change or cancellation.

#### **IU Figure Skating Club**

The Indiana University Figure Skating Club is a competitive team consisting of student athletes from Indiana University. For more information, contact the ice arena at 349-3740.

#### **Lunar Public Skating**

Every Saturday from 7–9 p.m.! Ice skate in a specially lit, lunar-like arena while listening to the best hits of the '80s, '90s and today courtesy of the Arena's super-watt sound system. Groups of all sizes and skaters of all ability levels are welcome! Lunar skating involves the use of strobe and other special-effect lighting. Cost: \$5 admission, \$2.50 skate rental

## Night Owl Skating

Enjoy late-night skating at the Frank Southern Ice Arena every Saturday from 9:15–11 p.m.

Cost: \$5 admission, \$2.50 skate rental

#### **Ice Skating Lessons**

See page 11.



## Twin Lakes Recreation Center Facility rental (per hour)

1700 W. Bloomfield Rd.

www.bloomington.in.gov/TLRC

Phone: (812) 349-3720 Fax: (812) 349-3707

Hours: Monday-Friday, 5 a.m.-10 p.m. Saturday-Sunday, 7 a.m.-10 p.m.

> Christmas Eve (December 24): 10 a.m.-4 p.m. Christmas Day (December 25): Closed New Year's Eve (December 31): 10 a.m.-4 p.m.

New Year's Day (January 1): Closed

Facility Manager: Mark Sterner

Program/Facility Coordinator: Daren Eads Aquatics/Sports Coordinator: Rob Gilchrist Health/Wellness Coordinator: Lindsay Buuck

#### **Daily admission**

Daily admission for individual non-members: \$6 Daily admission for youth ages 7–17 yrs.: \$5 Youth ages 6 yrs. and under admitted free.

Program Room	\$30
Conference Room	\$40
Fitness Room	\$50
Party Room	\$50
Whole Lower Level	\$120
Rental of entire facility	Call for prices and information.
Basketball competitions per court	\$32 or \$42/hour Call for information.
Basketball practice/court	\$22/hour
Basketball practice/half court	\$15/hour
Turf field	\$70/hour
Turf field non-prime 5 a.m4 p.m.	\$40/hour

#### Memberships\*

Туре	Automatic Monthly Debit**	Monthly	Six months	12 months
Student Under 18 yrs. or with valid college or university ID	\$22/month Automatically debited from your bank account each month.	\$25/month Payable by cash, check, or credit card each month at the TLRC.	\$125 One up-front payment. Savings of \$25 over Automatic Monthly Debit rate.	\$225 One up-front payment. Savings of \$39 over Automatic Monthly Debit rate.
Adult	\$32/month Automatically debited from your bank account each month.	\$35/month Payable by cash, check, or credit card each month at the TLRC.	\$175 One up-front payment. Savings of \$17 over Automatic Monthly Debit rate.	\$325 One up-front payment. Savings of \$59 over Automatic Monthly Debit rate.
Senior age 60 yrs. and up	\$27/month Automatically debited from your bank account each month.	\$30/month Payable by cash, check, or credit card each month at the TLRC.	\$149 One up-front payment. Savings of \$13 over Automatic Monthly Debit rate.	\$276 One up-front payment. Savings of \$48 over Automatic Monthly Debit rate.
Two Adults	\$47/month Automatically debited from your bank account each month.	\$50/month Payable by cash, check, or credit card each month at the TLRC.	\$250 One up-front payment. Savings of \$32 over Automatic Monthly Debit rate.	\$475 One up-front payment. Savings of \$89 over Automatic Monthly Debit rate.
Two Seniors age 60 yrs. and up. Must reside in the same household.	\$40/month Automatically debited from your bank account each month.	\$42/month Payable by cash, check, or credit card each month at the TLRC.	\$212 One up-front payment. Savings of \$28 over Automatic Monthly Debit rate.	\$404 One up-front payment. Savings of \$76 over Automatic Monthly Debit rate.
Family Max. 2 adults and dependent children living in the same household	\$55/month Automatically debited from your bank account each month.	\$60/month Payable by cash, check, or credit card each month at the TLRC.	\$300 One up-front payment. Savings of \$30 over Automatic Monthly Debit rate.	\$575 One up-front payment. Savings of \$85 over Automatic Monthly Debit rate.

<sup>\*</sup>There is a one-time capital fee of \$20 for each new membership.

#### See pages 31-34 for adult fitness and wellness programs.

<sup>\*\*</sup>Automatic Monthly Debit requires a 12-month commitment, and can be put on a freeze for up to three months within 12 months.

#### **B-Line Trail**

Opened June 2009, the first phase of the 3.1-mile B-Line Trail runs from Rogers Street to Second Street. Construction on the second phase, from Second Street to Grimes Lane and from Rogers Street to Adams Street, is anticipated to begin in 2010. "Bloomington Banquet," a limestone sculpture designed by local artist Dale Enochs and selected as the B-Line Trail's signature art piece, is located in the Farmers' Market Plaza behind City Hall.



"Bloomington Banquet" by local artist Dale Enochs

#### **Bloomington Rail Trail**

The Bloomington Rail Trail has a trailhead located at W. Country Club Dr., between S. Rogers St. and S. Old SR 37. This trail connects to the Clear Creek Trail, offering a total of 4.3 miles of trail.

**PARKING:** Available at trailhead in lot at Country Club Dr.

TRAIL: 2.0 miles, gravel ACCESSIBILITY: Inaccessible

#### **Broadview Park**

Broadview Park is located at 704 West Graham Dr. Parks and Recreation in partnership with the Monroe County Community School Corporation built a new park and playground at the site of the former Broadview School in 2007.

**AMENITIES:** One small, unreservable shelter, youth and tot play equipment, basketball court, picnic tables and benches

**PARKING:** Available at park

**ACCESSIBILITY:** Playground and picnic shelter are accessible. Designated parking space.

#### **Bryan Park**

Bryan Park is located at 1001 S. Henderson St.

**AMENITIES:** Three baseball/softball fields (unlighted), four basketball goals (lighted), three playgrounds, three reservable shelters (see page 10 for details), two volleyball courts (grass/sand), five tennis courts, three horseshoe pits, a fitness area by the North Shelter, restrooms, picnic tables and an Olympic-sized, outdoor swimming pool/water slides. A new "tot lot" playground was installed in 2008.

**PARKING:** Available on Woodlawn Ave., Henderson St. and Bryan Park Pool parking lot

**TRAIL:** .8 miles (loop), paved

ACCESSIBILITY: Designated parking space, restroom, juvenile playground, basketball courts, creekside walking trail, Woodlawn Shelter and playground are accessible.

#### **Building and Trades Park**

Building and Trades Park is located at 619 W. Howe St.

**AMENITIES:** Five basketball goals, two playground areas on north side of park, one reservable shelter (see page 10 for details), one play field, restrooms located near W. Howe St. and a picnic table by the parking lot

**PARKING**: Off W. Howe St. **TRAIL**: .25 miles, paved

**ACCESSIBILITY:** Designated parking space in W. Howe St. lot, shelter and playground are accessible.

# Rev. Ernest D. Butler Park and Community Gardens

Located at 812 W. Ninth St. The Community Garden Program is partnering with Mother Hubbard's Cupboard to develop a new garden site in the Rev. Ernest D. Butler Park. Garden plots will be available to rent for the 2010 season.

**AMENITIES:** Two basketball goals, one ballfield, a drinking fountain, two small, unreservable shelters and a playground

**PARKING:** Two small parking lots

**TRAIL:** .7 miles, paved

**ACCESSIBILITY:** Playground is accessible.

#### Cascades Park and Skate Park

Lower Cascades Park is located at 2851 N. Old State Rd. 37.

Dedicated in August 1924, Lower Cascades Park was the City of Bloomington's first park. The City's largest playground was constructed at the Park in 2006. In September 2008, the City purchased an additional 6.15 acres of greenspace to add to Lower Cascades Park.

**AMENITIES:** Two baseball/softball fields, one playground, two reservable shelters (see page 10 for details), one sand volleyball court, restrooms and limestone picnic tables

**PARKING:** Available at shelters and ballfields **ACCESSIBILITY:** Playground is accessible.

**Upper Cascades Park** is located at 3550 N. Kinser Pk. and is home to the Cascades Golf Course. The Skate Park at 2602 N. Kinser Pk. features concrete ramps, rails and other terrain for use by skateboarders and in-line skaters.

**AMENITIES:** Playground, 27-hole golf course (see page 34 for costs, tee times, clubhouse rental), restrooms, Skate Park, benches and one large, reservable shelter (Lions Den, see page 10 for details) **PARKING:** Available at Cascades Clubhouse, shelter and Skate Park

ACCESSIBILITY: Designated parking spaces at clubhouse, playground and shelter are accessible.

#### Clear Creek Trail

The Clear Creek Trail has trailheads located at Tapp Rd., That Rd. and Church Ln. The southernmost part of the trail features the historic Harris Ford Bridge from Warren County.

**PARKING:** Lots located at Church Ln., That Rd. and Tapp Rd. trailheads

TRAIL: 2.4 miles, paved

ACCESSIBILITY: Trail and parking lots are accessible.

#### Crestmont Park & Community Gardens

Crestmont Park is located at 600 W. 16th St.

**AMENITIES:** Four basketball goals, 18-hole frisbee golf course (www.bdgc.org), one playground, a drinking fountain, one small, unreservable shelter and community gardens. See page 10 for details.

PARKING: Located off W. 16th St.

**ACCESSIBILITY:** Parking available, community gardens and playground are accessible.

#### **Goat Farm**

Located at 2000 E. Winslow Rd.

The Bloomington Community Park and Recreation Foundation, on behalf of the City of Bloomington, accepted a donation of 31.5 acres of land known as the "Goat Farm" from the Sherman Rogers family in June 2007. The City's Parks and Recreation Department will manage the area for public recreational purposes and passive greenspace.





#### Griffy Lake Nature Preserve

Scenic woodlands teeming with wild flora and fauna surround Griffy Lake at this 1,192-acre nature preserve. Swimming is prohibited, and to protect wildlife and visitors, all dogs must remain leashed while in the Preserve. Rowboat, kayak and canoe rentals are available seasonally at the Griffy Lake boathouse.

Griffy Lake Nature Preserve is located at 3300 N. Headley Rd. Call 349-3700 for more information.

#### **Griffy Lake Rental Fees**

Boat, Canoe and Kavak Rental (2 hr. limit on holidays/weekends) \$6/hour Misc. Rental (paddle, anchor, nature guide, etc.) \$1 \$50 10-Rental pass Available for purchase at the boathouse during normal business hours.

Groups wishing to make boat rental reservations Monday–Friday may do so by calling 349-3759. We do not reserve boats on weekends or holidays.

Launch fees: \$50/season, \$5/day

**Boathouse Hours: April and October, Saturday and Sunday only,** 

9 a.m.-6 p.m.

May-August, Daily, 8 a.m.-8 p.m. September, Daily, 9 a.m.-6 p.m. November-March, Closed

**Boathouse Phone: 349-3732** 

Self-Guided Canoe Trail Learn about the cultural and natural history of the Nature Preserve while traveling by canoe. Free, updated canoe trail guides are available at the Griffy Lake boathouse. Griffy Lake Trails Trail guides are available at the Bloomington Parks and Recreation office and the Griffy Lake boathouse. Please respect this fragile environment by remaining on the marked trails.

Dogs must remain on leash at all times. Mountain biking, horseback riding and off-road vehicles are strictly prohibited. **AMENITIES:** Boat, canoe and kayak rentals, 109-acre lake, one play field (off of N. Dunn St.), restrooms (next to boathouse, open

during boathouse hours) and picnic tables (by the boathouse) **PARKING:** Available by the boathouse (3300 N. Headley), additional spaces available on N. Dunn St.

**TRAILS:** 10+ miles total, wood chip and natural; Wetlands Trail .3 miles, Nature Trail .4 miles (loop), Griffy Creek Trail 1.5 miles, Hiking Trail 1.6 miles (loop); Self-guided canoe trail (see above for details)

**ACCESSIBILITY:** Inaccessible

The surface of the lake often freezes in winter with varying ice conditions that can be hazardous. The City of Bloomington assumes no responsibility for accidents resulting from individuals venturing onto the ice.

#### Highland Village Park

Located at 950 S. Harvey Dr.

**AMENITIES**: Two basketball goals, one play field, a drinking fountain, one small, unreservable shelter, a playground and .33-mile walking trail

**PARKING:** Limited space available

ACCESSIBILITY: Playground/swings and trail are accessible.

#### Jackson Creek Trail

Construction scheduled to begin in 2010.

#### www.bloomington.in.gov/parks

#### **Latimer Woods**

Located on the east side of Bloomington at 3200 E. Buick Cadillac Blvd. A .4-mile interpretive trail describing the area and its history is located on the 10-acre property. The trail can be accessed down the dirt road toward the woods.

**AMENITIES:** .4 mile loop, woodchip

**PARKING:** Southwest corner of The Woods at Latimer apartments

**ACCESSIBILITY:** Inaccessible

#### **Leonard Springs Nature Park**

Located on the southwest side of Bloomington, west of State Road 37 at 4685 S. Leonard Springs Rd. Leonard Springs contains both Leonard Springs and Shirley Springs in addition to caves, steep, forested slopes and a wetland.

**PARKING:** Available at lot on Leonard Springs Rd.

**TRAIL:** 1 mile, wood chip and natural **ACCESSIBILITY:** Inaccessible

#### Miller-Showers Park

Miller-Showers Park is located at 1500 N. College Ave. and is accessible from 17th St. on the south. Miller-Showers Park greets residents and visitors with the "Red, Blond, Black and Olive" sculpture, observation pier, walking bridge, accessible trail and native landscaping.

**AMENITIES:** Park benches, drinking fountain and .59-mile

**PARKING:** Located off W. 17th St., additional parking available on N. Walnut St. and S. College Ave. adjacent to the park ACCESSIBILITY: Designated parking available in W. 17th St. lot, trail is accessible.

#### Olcott Park

Located at 2300 E. Canada Dr.

AMENITIES: Multipurpose play fields (lighted-reservable), one reservable shelter (Young Pavilion, see page 10 for details), restrooms and playground

**PARKING:** Large parking lot **TRAIL:** .5 miles (loop), paved

**ACCESSIBILITY:** Designated parking space in lot, playground and shelter are accessible.

#### Park Ridge Park

Located at 3421 E. Longview Ave.

**AMENITIES:** Two basketball goals, one playground, one small, unreservable shelter with grill and bike path to the bypass nearby

**PARKING:** None

**ACCESSIBILITY:** Playground and shelter are accessible.

#### Park Ridge East Park

Located at 4221 E. Morningside Dr.

**AMENITIES:** One full basketball court (unlighted), one small, unreservable shelter with grill and two tennis courts. New playground equipment was installed in 2008.

PARKING: None

ACCESSIBILITY: Shelter is accessible.

#### **Peoples Park**

Located in the heart of the city and bordering the Indiana University campus at 501 E. Kirkwood Ave.

**AMENITIES:** Benches, checker tables, murals, stone sculpture and mosaic tiles; Tuesday Lunch concerts at Noon, May through

PARKING: Available on Kirkwood Ave. and surrounding streets ACCESSIBILITY: Accessible

#### Rose Hill Cemetery

Located at 1100 W. Fourth St. Features graves of both local and nationally known Bloomington residents. Cremation ground plots and mausoleum niches are still available.

OFFICE: 930 W. Fourth St. Contact: Barb Dunbar at 349-3498

**AMENITIES:** Paved service drives, dog station

PARKING: Parking available on Fourth St. and along service drives

**ACCESSIBILITY:** Inaccessible

#### Schmalz Farm Park

Located at 3010 E. Daniel St.

**AMENITIES:** Schmalz barn, one playground, benches, one small

unreservable shelter and picnic tables **PARKING:** Limited space available

**ACCESSIBILITY:** Playground and shelter are accessible.

#### **Sherwood Oaks Park**

Located at 1600 E. Elliston Dr.

**AMENITIES:** Two basketball goals, open play fields, two tennis courts, a drinking fountain, one small, unreservable shelter, a small, running stream and a trail bridge over Jackson Creek leads to Olcott Park and Jackson Creek Middle School. New playground equipment was installed in 2009.

**PARKING:** Parking lot with limited space ACCESSIBILITY: Tennis courts are accessible.

#### Southeast Park

Located on a cul-de-sac, Southeast Park is located in the Sycamore Knolls neighborhood, just south of Moores Pike at 1600 Sycamore Ct. **AMENITIES:** Four basketball goals, one playground, one small, unreservable shelter with picnic table and two grills, tennis courts, a drinking fountain and a gravel walking path in the south end of

**PARKING:** Small parking area at end of cul-de-sac ACCESSIBILITY: Playground and shelter are accessible.

#### Third Street Park

Located at 331 S. Washington St.

AMENITIES: One playground, stage

**PARKING:** Parking available behind the stage, limited parking available along S. Lincoln St. and S. Washington St.

**ACCESSIBILITY:** Designated parking space available behind the stage; sidewalk through the park is accessible.

#### **Thomson Park**

Located at 1400 W. Thomson Park Dr.

**AMENITIES:** Two full basketball courts (lighted), two baseball/ softball fields, restrooms near playground, four tennis courts, one large play field, one large playground with sand surface and two reservable shelters (one large, one small; see page 10 for details)

PARKING: Parking available in Thomson Park Dr. lot **TRAILS:** .7 miles, paved interpretive trail, and .74 miles, wooded trail

ACCESSIBILITY: Interpretive walking trail is accessible. Shelter and parking are accessible.

#### Twin Lakes Sports Park

Located at 2350 W. Bloomfield Rd. (Second Street)

**AMENITIES:** Four softball fields (lighted), one playground, picnic tables, concession stand (when games are in play), one reservable, closed shelter (Twin Lakes Lodge, see page 10 for details) and restrooms (during league play)

PARKING: Parking for over 300 vehicles **TRAILS:** .7 miles, wood chip and natural trail

**ACCESSIBILITY:** Playground is accessible, designated parking space, ballfields are accessible, Twin Lakes Lodge (except kitchen) is accessible.

#### Wapehani Mountain Bike Park

Hit the trail with your mountain bike at this 46-acre park, located at 3401 W. Wapehani Rd. Wapehani Mountain Bike Park was the first mountain bike park established in the State of Indiana. Helmets and a signed waiver statement are required for bicyclists. Waivers are available at the Parks and Recreation office. Please don't ride the trails when they're muddy!

**TRAIL:** 5.0 miles, dirt

PARKING: Gravel lot on Wapehani Rd., limited spaces

**ACCESSIBILITY:** Inaccessible

#### White Oak Cemetery

Located at 1200 W. Seventh St. Originally the United Presbyterian Cemetery, this cemetery was purchased by the City of Bloomington in 1914 and renamed White Oak in 1983. Plots are still available for purchase.

OFFICE: 930 W. Fourth St. Contact: Barb Dunbar at 349-3498

**AMENITIES:** Greenspace

PARKING: Parking available on street and on service drive

**ACCESSIBILITY:** Inaccessible

#### Winslow Sports Complex

Located at 2800 S. Highland Ave., just south of the YMCA **AMENITIES:** Six baseball/softball fields, multiple tennis courts, one playground, one play field and restrooms

PARKING: Lot located off S. Highland, additional parking at Winslow Woods Park

**TRAILS:** .9 miles, natural

ACCESSIBILITY: Playground and parking are accessible.

#### Winslow Woods Park & Willie Streeter Community Gardens

Located at 2120 S. Highland Ave., just north of Winslow Sports Complex, Winslow Woods Park features the Willie Streeter Community Gardens. See page 10 for details.

**AMENITIES:** Two basketball goals (unlighted), one playground, one play field, restrooms (Port-A-John), one large, reservable shelter (see page 10 for details), picnic tables, a drinking fountain and community gardens

**PARKING:** Parking available at shelter

ACCESSIBILITY: Parking, playground, community gardens and shelter are accessible.



# **Community Gardens**



#### For more information call 349-3700.

The Community Garden Program offers a variety of gardening opportunities for individuals, families, groups and organizations. Services provided include the initial tilling of the garden area, sources of water, maintained paths, composting, fencing and the advice of the garden supervisor (if requested). Gardeners with disabilities or other limitations will find gardening support, including wheelchair-accessible raised beds and access to adaptive tools. Participants will receive three Community Garden Program newsletters throughout the season as well. All gardens have conveniently located parking and are also accessible on Bloomington Transit bus routes. Plots are available for rent April 1—October 31. A limited number of plots and all the raised beds allow for the overwintering of crops, with permission from the garden supervisor.

Registration: Gardeners from last season have from February 1–26 to renew the rental of plots gardened in 2009. New gardeners or gardeners who gardened last season but wish to reserve a different plot may register on March 1 on a first-come, first-served basis. Call 349-3700 or e-mail parks@bloomington.in.gov to receive registration forms. Registering gardeners will need to complete the Program Registration Form and Garden Contract, and all participating gardeners must read and sign the contract as well. The registration forms must be submitted in person at the Parks and Recreation office. The registering gardener will select available plots from the maps at the front desk and record the plot number(s) on the contract.

#### **Willie Streeter Community Gardens**

Located in Winslow Woods Park on South Highland Ave. near the YMCA, the Willie Streeter Community Gardens are the Community Garden Program's oldest and largest garden area. Since opening in 1984, the gardens have grown to include 114 organic garden plots (68 10' x 20' and 48 10' x 10'), 54 conventional garden plots (10' x 20') and 10 raised beds (4' x 8' x 2.5').

Code	Description	Cost
46501-A	Organic Plots	\$52/in-city, \$60/non-city
46501-B	Organic ½ Plot	\$26/in-city, \$31/non-city
46501-C	Conventional Plots	\$52/in-city, \$60/non-city
46501-D	Raised Beds	\$26/in-city, \$31/non-city

#### **Crestmont Community Gardens**

Located in Crestmont Park on W. 15th St. near Tri-North Middle School, the Crestmont Community Gardens enable gardeners to learn and practice the techniques of organic gardening. Since opening in 1997, the gardens have grown to include 45 garden plots (10' x 10') and 4 raised beds (4' x 8' x 2.5').

Code	Description	Cost
46502-A	Organic Plots	\$10/in-city, \$12/non-city
46502-B	Raised Beds	\$10/in-city, \$12/non-city

#### **Butler Park Community Gardens**

The Community Garden Program is partnering with Mother Hubbard's Cupboard to develop a new garden site at Rev. Ernest Butler Park. Garden plots will be available to rent for the 2010 season. Call 349-3704 if you are interested in renting a garden space or being otherwise involved with the newest addition to the Community Garden Program.

#### Plant a Row for the Hungry

To address local issues of community food security, City of Bloomington Parks and Recreation joins with Worm's Way, Hilltop Garden and Nature Center, Bloomingfoods Market and Deli, Mother Hubbard's Cupboard and Hoosier Hills Food Bank in encouraging gardeners to grow an extra row for a hungry family. In 2009, the campaign raised over 20,000 pounds of fresh produce, which was distributed through the Food Bank. For more information call 349-3704.

# **Shelter House Rentals**

Shelter house reservations may be made in person at the City of Bloomington Parks and Recreation office, Monday—Friday, from 8 a.m.—5 p.m. With the exception of Twin Lakes Lodge, shelter reservations may also be made online; the Lodge must be reserved in person. Shelters are available for rental April 1 through October 31. Reservations are available year round on a first-come, first-served basis.

#### Bryan Park—Henderson—\$43

This shelter is near Henderson St., close to the new Tot Lot playground, and houses 25–30 people. The shelter is equipped with a grill, but no electricity.

#### Bryan Park—North Shelter—\$43

This shelter is located near the north side of the park. It houses approximately 25–30 people and comes equipped with a grill, water and electricity.

#### Bryan Park—Woodlawn Group Shelter—\$55

This shelter is near Woodlawn Ave. and situated close to Bryan Park Pool and the tennis courts. It houses approximately 120 people, is wheelchair accessible, and comes equipped with grills, electrical outlets and lights.

#### **Building and Trades Park Shelter—\$43**

Across from Bloomington Hospital on Second St., this shelter houses 25–30 people. It is wheelchair accessible, comes equipped with accessible restrooms and a grill, but no water or electricity.

#### Lower Cascades Park—Sycamore Shelter—\$65

Located in the lower portion of Cascades Park, this shelter houses approximately 75 people. Bathrooms (open seasonally) are a part of the building, and the shelter comes equipped with grills, electricity, playground access and a large parking lot.

#### Lower Cascades Park—Waterfall Shelter—\$55

This shelter houses approximately 75 people. It comes equipped with electricity, a fireplace, playground access, grills and a sand volleyball court nearby. Restrooms are across the road at the playground or in the Sycamore Shelter.

#### Olcott Park—Young Pavilion—\$55

This round pavilion can accommodate 50–75 people. It is wheelchair accessible and comes equipped with picnic tables and a group grill, but no lights or electricity. Restrooms are located nearby.

#### Thomson Park—Small Shelter—\$43

Located off Rockport Rd./Countryside Ln. on Thomson Park Dr., this accessible shelter houses approximately 25–30 people. It comes equipped with a grill, but no water or electricity. Restrooms are located nearby.

#### Thomson Park—Large Shelter—\$50

This shelter is a beautiful wood structure, secluded among trees and accessible by boardwalk. It can accommodate 50–75 people and comes equipped with adult and children's picnic tables, group grills, electrical outlets and lights, and is wheelchair accessible. Restrooms are located nearby.

# Twin Lakes Lodge—\$90 (Mon.-Thur., + \$100 deposit); \$150 (Fri.-Sun., and holidays + \$145 deposit)

Located at 2350 W. Bloomfield Rd. with room for approximately 125 people. This enclosed shelter is wheelchair accessible (except kitchen) and overlooks Twin Lakes Sports Park. It comes equipped with an outdoor deck, full-size refrigerator, microwave, banquet-sized coffee pot and sink, restrooms, tables and chairs.

#### **Upper Cascades Park—Lions Den—\$55**

This accessible shelter can accommodate 100–120 people. An accessible playground is nearby, with adult and children's picnic tables, electrical outlets and a grill located at the shelter. Restrooms are available in the Cascades Golf Course Clubhouse during business hours, with Port-a-Johns located at the shelter site.

#### Winslow Woods Park Playground Shelter—\$50

Located off S. Highland Ave., this accessible shelter houses approximately 120 people and comes equipped with grills and an accessible playground, but no electricity.

32508-2A 32508-2B

6:40-7:10 p.m.

3:50-4:20 p.m.



#### SESSION II (Runs six weeks) Registration begins Dec. 7

Thursdays: Jan. 14–Feb. 18
Fridays: Jan. 15–Feb. 19
Saturdays: Jan. 16–Feb. 20
Cost: \$40/in-city, \$50/non-city
Registration deadline: Mon., Jan. 11
Registration fee includes skate rental.

The ICE SKATING INSTITUTE'S Learn-to-Skate Program

is a structured program designed to increase interest and participation in ice skating. Skills are broken down into progressive, achievable levels that encourage skater development. All classes are six weeks and run 30 minutes. Parents and non-participants are not permitted on the ice at any time during lessons. Refer to the descriptions below to determine appropriate level. Session II registration begins Dec. 7.

CLASS S	ession	Day	Time	Code
PARENT/TOT  Specialized instruction for 3- to 5-year-olds who have no previous skating experience. Emphasis on fun! One parent or guardiar is required to accompany each child.	II II	Fri. Sat.	5–5:30 p.m. 10:30–11 a.m.	32501-2A 32501-2B
TOT  Specialized instruction for 3- to 5-year-olds who have no previous skating experience. Children must be able to separate from parents and participate without one- on-one attention.  Course Content: Proper way to fall & get up; marching in standing position; marching while moving; swizzles; dips; hopping in place.	II II II II II II	Thur. Thur. Thur. Fri. Fri. Sat. Sat.	5:30–6 p.m. 6:05–6:35 p.m. 6:40–7:10 p.m. 3:50–4:20 p.m. 4:25–4:55 p.m. 11:05–11:35 p.m. 11:40 a.m12:10 p.m.	32502-2A 32502-2B 32502-2C 32502-2D 32502-2E 32502-2F 32502-2G
PRE-ALPHA Introduces skaters 5 yrs. and up to the wonderful world of ice skating. Emphasizes fun and safety! Course Content: One and two foot glides; forward and backward swizzles; backward wiggles.		Thur. Thur. Thur. Thur. Fri. Fri. Sat. Sat. Sat.	5:30–6 p.m. 6:05–6:35 p.m. 6:40–7:10 p.m. 7:15–7:45 p.m. 3:50–4:20 p.m. 4:25–4:55 p.m. 10:30–11 a.m. 11:05–11:35 a.m. 11:40 a.m.–12:10 p.m.	32503-2A 32503-2B 32503-2C 32503-2D 32503-2E 32503-2F 32503-2H 32503-2I 32503-2J



## **Spring Ice Show**

Friday, March 5 ● 7-9 p.m. Frank Southern Ice Arena

**\$20 for participants** FREE for spectators

The Learn to Skate program introduces our spring ice show: *Eat, Sleep, Work, Skate!* Skaters in the Learn to Skate program, the IU Figure Skating Club, and Bloomington Figure Skating Club perform a variety of routines while demonstrating all levels of ice skating skill. Learn to Skate participants should register for the last LTS level in which they were enrolled, and must be able to attend the majority of the practice sessions.

#### **Rehearsal dates:**

Rehearsal are 30 minutes in duration. Designated rehearsal times will be assigned after Ice Show registration has ended. The dates to the right indicate all possible practice times for ice show participants.

CLASS	Session	Day	Time	Code

#### ALPHA, BETA, GAMMA AND DELTA

Guides skaters through carefully graduated maneuvers, ensuring rapid progress over short time periods, providing direction and building competency in all important foundation moves.				
ALPHA  Recommended for the skater that has successfully completed the Pre-Alpha program. Course Content: Forward stroking; forward crossovers —both directions; one foot snowplow stop.		Thur. Thur. Thur. Thur. Fri. Fri. Fri. Sat. Sat.	5:30–6 p.m. 6:05–6:35 p.m. 6:40–7:10 p.m. 7:15–7:45 p.m. 3:50–4:20 p.m. 4:25–4:55 p.m. 5–5:30 p.m. 10:30–11 a.m. 11:05–11:35 a.m.	32504-2A 32504-2B 32504-2C 32504-2D 32504-2E 32504-2F 32504-2H 32504-2I
Recommended for the skater that has successfully completed the Alpha program. Course Content: Backward stroking, crossovers—both directions; T-stop—both feet.	II II II II	Thur. Thur. Fri. Sat. Sat.	5:30–6 p.m. 6:05–6:35 p.m. 4:25–4:55 p.m. 10:30–11 a.m. 11:05–11:35 a.m.	32505-2A 32505-2B 32505-2C 32505-2D 32505-2E
GAMMA  Recommended for the skater that has successfully completed the Beta program. Course Content: Forward outside three turns—both feet; right and left forward inside Mohawk combination; hockey stop.	II II II II	Thur. Thur. Fri. Fri. Sat.	6:05–6:35 p.m. 7:15–7:45 p.m. 4:25–4:55 p.m. 5–5:30 p.m. 10:30–11 a.m.	32506-2A 32506-2B 32506-2C 32506-2D 32506-2E
DELTA  Recommended for the skater that has successfully completed the Gamma program.  Course Content: Forward inside three turns—both feet; forward edges—inside and outside; shoot the duck or lunge; bunny-hop.	II II II II	Thur. Thur. Fri. Sat.	5:30–6 p.m. 6:40–7:10 p.m. 5–5:30 p.m. 11:05–11:35 a.m.	32507-2A 32507-2B 32507-2C 32507-2D

Recommended for the skater that has successfully completed the Delta program and is interested in developing more advanced figure skating maneuvers. Students must complete each freestyle level in sequence.

# ADULT II Thur. 7:15–7:45 p.m. 32509-2A Sat. 11:40 a.m.- 12:10 p.m. 32509-2B

Fri

(16 yrs. and up)

**FREESTYLE** 

Recommended for the beginner adult having little or no skating experience.

ı	ADULT	II	Thur.		32510-2A
	INTERMEDIATE	II	Sat.	11:40 a.m12:10 p.m.	32510-2B
1	II (I LIWILDH II L	•			

(16 yrs. and up)

Recommended for adults who are comfortable on the ice and have previous skating experience. Skills in the Alpha through Beta levels may be explored.

Spring Ice Show Rehearsals

Thursday, 2/25 5:30-7:45 p.m. Friday, 2/26 3:30-5:30 p.m. Saturday, 2/27 10:30 a.m.-12:15 p.m.

Saturday, 2/27 10:30 a.m.-12:15 p.m and 2:25-6:45 p.m.

Monday, 3/1 3–7 p.m. Tuesday, 3/2 3–7 p.m. Wednesday, 3/3 3–7 p.m.

Thursday, 3/4 3–7 p.m. (dress rehearsal)

Friday, 3/5 7–9 p.m. (show)

Registration Codes and Skating Levels

42502-A • Tots 42502-B • Pre-Alpha 42502-C • Alpha 42502-D • Beta 42502-I • BFSC/IUFSC/ 42502-E • Gamma 42502-F • Delta 42502-G • Adult 42502-H • Freestyle 42502-I • BFSC/IUFSC/ Private Lessons

Register by 5 p.m. on Wednesday, February 12



The Parks and Recreation Department is committed to an inclusive approach to recreation. Inclusion is individuals with and without disabilities participating in recreational activities together. In order for individuals with disabilities to participate as fully as possible, reasonable accommodations are provided. *Reasonable* accommodations are individualized techniques and resources used to enhance program participation without fundamentally altering a program. Inclusion makes it possible for individuals to choose from the vast array of programs offered by Parks and Recreation.

#### How to request reasonable accommodation:

- 1. When you register, mark "yes" in the inclusive service request section. At least two weeks notification prior to the registration deadline for each program is required. In some cases reasonable accommodation may take longer.
- 2. Request and complete an inclusion questionnaire.
- 3. Inclusive Recreation Coordinator will contact participant to establish an individualized inclusion plan.

#### **Leisure Companion Program**



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The Leisure Companion Program is a service in which participants with disabilities are partnered with a volunteer companion who provides additional support during participation in inclusive activities. The level of support varies according to the specific needs of each individual. Contact Kim Ecenbarger at ecenbark@bloomington.in.gov or 349-3739 for details. To be partnered with a Leisure Companion, register for activities of interest and request a reasonable accommodation.

#### Special Olympics Indiana— **Monroe County**



Special Olympics Indiana-Monroe County offers year-round sports training and athletic competition for children (8 yrs. and up) and adults with intellectual, cognitive and learning disabilities. Special Olympics provides opportunities for athletes to develop physical fitness, demonstrate courage, experience joy and share gifts, skills and friendship with others in our community. Special Olympics Indiana–Monroe County is proud to work with nearly 200 Special Olympics athletes and their families. To find out if you or a family member are eligible to participate, call 325-1548 or e-mail specialolympics@kiva.net or write to P.O. Box 2554, Bloomington, IN 47402.

Special Olympics Indiana-Monroe County is also on the Web at www.specialolympicsmonroecounty.org. If you are interested in joining the County Management Team, contact Denise Brown at 325-1548.



Specialized music classes are taught by a board certified music therapist, who uses creative approaches to integrate children of all abilities while remaining sensitive to individual needs. Classes use music to target developmental skills such as vocalization, body awareness, socialization, and communication. Specialized music classes are designed for children with special needs; however, siblings and peers are also welcome to enroll! Parents are asked to fill out a questionnaire prior to the start of the program.

Code	Day(s)	Date(s)	Time	Register by
48001-A	Wed.	1/20 - 2/24	1:15–2 p.m.	1/20
48001-B	Wed.	3/3-4/14*	1:15–2 p.m.	3/3
48001-C	Wed.	4/21-5/26	1:15–2 p.m.	4/21

\$60 (6 classes) Cost: Ages: Under 5 yrs. w/parent.

**Location:** Allison-Jukebox Community Center **Instructor:** Jonni Fogerty, MM, MT-BC, Board Certified Music Therapist

Other: \*Class does not meet 3/17.



Kid City camper with counselor on the steps of the Banneker Community Center.

For more information contact our Inclusive Recreation Coordinator, a Certified Therapeutic Recreation Specialist, at 349-3747. All Parks and Recreation programs are inclusive for people with disabilities!

### INCLUSIVE RECREATION **ADVISORY COUNCIL:**

Meetings are scheduled on February 3 and April 7 from 4–5 p.m. at City Hall, Hooker Conference Room.

> The public is welcome and encouraged to attend.



#### **Saturdays**

#### ₩ hor

## April-November

April-September, 8 a.m.-1 p.m. October-November, 9 a.m.-1 p.m.

#### **Tuesdays**

June-September

(401 N. Morton St.)

# **Opens April 3**

#### The Saturday Market

From April through November, farmers and vendors fill the Showers Common with locally grown produce, annual and perennial plants and freshly baked bread for the Saturday morning Market. Local musicians perform while thousands of people find their way among the corn and tomatoes, local dairy products and warm scents of fresh herbs. The Market often feels like equal parts shopping, socializing and treasure hunt. Come early so you can amble among friends as you seek out that dried lavender or fresh basil you have been dreaming about. For up-to-date information during the season on product availability, the weekly entertainment schedule and a guide to Saturday Market parking, visit our Web site at www.bloomington.in.gov/parks. Farmers' Market is smoke free. Restrooms are available in City Hall during Market hours. Dogs are not permitted at Market on the paved area of Showers Common (where the farm vendors are set up).

#### The Market Accepts Food Stamp Benefits

You may now use your Electronic Benefits Transfer (EBT) cards to exchange food stamp benefits for "Market Bucks". The Market Bucks are available in \$3 increments at the Parks table in City Hall during Saturday Market hours. Market Bucks can be used to purchase eligible food items including fresh, locally raised fruits, vegetables, eggs, honey, maple syrup, meat, cheese and other dairy products from participating Market vendors.

#### Farmers' Market Gift Certificates

Who wouldn't enjoy receiving a gift certificate good for buying Market goods from almost all the vendors at the Bloomington Community Farmers' Market, including the artists in A Fair of the Arts? Gift certificates are available for purchase with cash or check at the Parks information table at Market or in the Parks and Recreation main office, Ste. 250 in City Hall, Monday–Friday from 8 a.m.–5 p.m. with cash, check or credit card. Gift certificates are good for one year from date of issue.

#### Farmers' Market Advisory Council

The Farmers' Market Advisory Council consists of nine members representing two groups, Market customers and Market vendors. The Council acts in an advisory capacity to the Board of Park Commissioners and Park staff on policy matters relating to the Farmers' Market. Meetings are usually held at 5 p.m. the third Monday of each month in the Parks and Recreation Department conference room, and are open to the public. For more information, contact Marcia Veldman at 349-3738 or veldmann@bloomington.in.gov.

#### **Saturday Market Parking**

#### Free Market Parking:

- Located at City Hall in all Green, Red and IU "C" Permit spaces.
- On-street non-metered spaces (Parking is enforced on Saturdays.)

#### Pay Market Parking:

- On-street metered spaces (\$0.50/hour)
- Market Garage on Morton St. between Sixth and Seventh Streets (\$0.50/hour)

# Restrooms available inside City Hall.

# Bloomington Idol

Auditions: January 5–6 For ages 16–30 yrs. Application fee is \$20/person.

**Final performance:** January 15 \$5 admission for spectators

Bloomington Convention Center, 302 S. College Ave.



# This is ... Bloomington Idol!



Do you have what it takes to become the first Bloomington Idol? Show us what you can do by auditioning on January 5 and 6 at the Bloomington Convention Center. Those awarded golden tickets will have the chance to perform live on January 15 at the Buskirk-Chumley Theater. Sing your heart out to win cash prizes and a chance to perform at The Bluebird or Peoples Park. Contestants are limited to the first 100 applicants. For more information, contact Lynsie Burton 349-3718.

The Bloomington Idol winner will be selected based on audience balloting (25%) and judges' opinion (75%). Audience members may vote for their favorite performer(s) for \$1 a vote, with a maximum of \$10 per contestant per voter. The winner receives the money contributed to him or her in the form of votes by the audience, and an opportunity to perform at The Bluebird or at Peoples Park (if winner is under the age of 21 yrs.). All decisions are final.

# A FAIR OF THE ARTS

# Call to Artists 2010 Season

# at Showers Plaza (Eighth and Morton Streets)

The City of Bloomington Parks and Recreation invites local artists to apply to participate in A Fair of the Arts, a juried arts and fine crafts fair held at Showers Plaza, an outdoor festival site adjacent to City Hall.

A Fair of the Arts is held the second Saturday of the month during the Market season: May 8, June 12, July 10, August 14, September 11, and October 9. Accepted local and regional artists will display, demonstrate and sell their arts on the brick plaza.

Contact Kristy LeVert at 349-3725 or levertk@bloomington.in.gov for more information regarding product guidelines, criteria for selecting artists, or to receive an application. There is a non-refundable \$10 application fee.

# Applications available online January 5.

To receive full consideration, applications must be received by February 12 at 5 p.m.



# Performing Arts Series 2010 CALL TO SPONSORS



- —Evaluations from the 2009 Performing Arts Series "It's one of the things I LOVE about this town."
- "One of the finest programs available!"
- "This is one of the things I love about Bloomington! And am most proud of."
- "PAS events are wonderful! The parks are at their best during the PAS events—I love them."
- "A wonderful part of this community!"

In 2009, over 10,000 people visited our parks to see Bloomington's finest musicians and movies.

Only through the generous patronage of local businesses and organizations is the City of Bloomington Parks and Recreation Department able to provide FREE concerts and movies to the community. Sponsorship of the Performing Arts Series supports local performers and the community and provides excellent business exposure.

Become a part of the Performing Arts Series' 26-year history of providing free concerts, movies and theatrical performances for the people of Bloomington! Call 349-3725 to find out more about sponsoring a concert or movie at one of Bloomington's beautiful city parks next summer.

# Performing Arts Series 2010 LOGO DESIGN CONTEST



Parks and Recreation and the Bloomington Entertainment and Arts District are calling all artists to develop a logo for the Performing Arts Series. The series is designed to provide quality entertainment for the residents of the City of Bloomington, as well as providing a venue for local artists to showcase their talents. The series encompasses several types of entertainment including musical, theatrical, and cinematic, and takes place in a variety of City parks. The logo design should reflect that variety, and incorporate the City of Bloomington logo as well. The chosen artist will receive an honorarium and may have his or her logo used to promote the Performing Arts Series.

**Submission requirements:** The contest is open to residents of Monroe County. Artists may submit as many entries as they like and must complete an entry form for each. The Parks and Recreation Department reserves the right to extend all deadlines associated with this contest to ensure that a sufficient number of entries are received. Each design must lend itself to many different formats, including publications and signage. It must reproduce well in different sizes and when printed in black and white. All submitted designs must be the original work of the artist. By submitting the entry, the artist agrees that the City of Bloomington will become the rightful owner of the image and any likeness of the image and may alter and reproduce the image at its discretion. The design chosen as the contest winner may not necessarily be used as the official Performing Arts Series logo, or may be chosen in whole or in part as the official Performing Arts Series logo.

#### **SPECIFICATIONS**

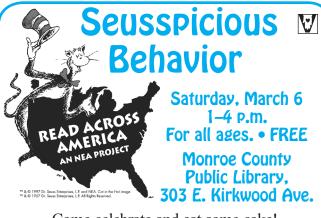
Electronic entries should be made in high-resolution JPG, EPS, or PNG, Illustrator EPS preferred. Print submissions should be no larger than 8.5" × 11".

#### **DEADLINE: MARCH 26**

E-mail to levertk@bloomington.in.gov or deliver on CD or in print form with a completed entry form to:

PAS Logo Design Competition Attention: Kristy LeVert Parks and Recreation Department 401 N. Morton, Ste. 250 Bloomington IN 47404

More information, along with rules, regulations and the entry form are online at www.bloomington.in.gov/parks. For more information, contact Kristy LeVert at 349-3725.



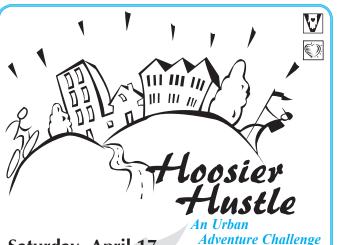
Come celebrate and eat some cake! You better hurry or you'll be late!

Visit the Monroe County Public Library for a Read Across America birthday celebration for Dr. Seuss. Come any time between 1–4 p.m. to see a *Seusstacular* live performance by Bloomington High School North students, make *Seusspicious* crafts and play *Seussrific* games!

Co-sponsored by:  $\overset{\text{monroe county public}}{L - B} \overset{\text{monroe county public}}{R} \overset{\text{monroe c$ 







Saturday, April 17

8 a.m. • Banneker Community Center For ages 18 yrs. and up

Code: 46504-A

Do you like the Amazing Race? Do you like Survivor? Do you feel you can put your mind and body through different challenges? Create a team of three and participate in the fourth annual Hoosier Hustle. You and your team will have an unforgettable day trekking around Bloomington exploring new places, learning new skills, and most importantly, getting a lot of exercise. Teams are faced with challenges that may include swimming, cycling, building, counting, creating, and much more!

Registration is limited to the first 35 teams, so register early to reserve a space. Submit your team registration and entry fee on or before Friday, April 2 for an early registration fee of \$105 per team. Registrations received after April 9 are \$135 per team. Deadline is Monday, April 12 at 5 p.m.

For more information call 349-3748.



BIKES WEEK • MAY 17-23
BICYCLE COMMUTING 101
THURSDAY, MAY 20

BIKE-TO-WORK DAY • FRIDAY, MAY 21 LEARN TO RIDE • MAY II-I3 AND 18-20

CYCLE-TO-SERVICE WEEKEND FRIDAY-SUNDAY, MAY 21-23

LOOK FOR DETAILS IN THE SUMMER 2010 PROGRAM GUIDE.



The annual Senior Expo, presented by the City of Bloomington Parks and Recreation with partner Bloomington Hospital, features free health screenings for seniors, plus an expo hall filled with exhibitors with information about products and services available in Bloomington and Monroe County for seniors and their families.

Admission to Senior Expo is free, and includes live entertainment, a fashion show, and more! For more information or to be a part of the exhibit hall, contact Bev Johnson at 349-3773 or e-mail johnsobe@bloomington.in.gov.

# **Challenge Education**

Challenge Education opportunities are now available through the Monroe County Community School Corporation. For location and program information contact Laura Hanna at (812) 606-2265 or laura@4hanna.com.

# **Music and Dance**





Location: Twin Lakes Recreation Center

#### Kindermusik Sampler

Get a sample of both of our Kindermusik classes. Instructor Lisa Bruns gives an interactive demonstration of Our Time for Toddlers and Lisa's specially created Music Capers for Preschoolers.

Day(s) Date(s) Time Thur. 1/14 6:15-7:15 p.m. Sat. 1/16 10-11 a.m.

Cost: FREE

1–5 yrs. w/parent Ages:

**Location:** Twin Lakes Recreation Center **Instructor:** Lisa Bruns, Kindermusik Educator

#### Music Capers for Preschoolers

Research supports that music helps prepare the mind for specific disciplines of learning, including math, science, and language. Music Capers combines early childhood educational philosophies with fundamentals of music education and preschool concepts. Using the power of music, tap into your preschooler's creative spirit and boundless energy. Focus on developing self-confidence so your preschooler will be ready for school and prepared for future music lessons.

Code Dav(s) Date(s) Time Register by 47502-A Thur. 1/28-4/22\* 10:45-11:25 a.m.

\$90/in-city, \$100/non-city (12 classes) Cost:

3–5 yrs. w/parent Ages:

Twin Lakes Recreation Center **Location:** \*Class does not meet 3/18. Other: **Instructor:** Lisa Bruns, Kindermusik Educator

#### Kindermusik—Our Time for Toddlers

This class encourages your child to uncover an engaging musical world while building confidence, self-control and communication skills. Toddlers engage in singing, imitating sounds, rhyming, and object identification, which foster language skills. Creative movement to various musical "moods" develops a sense of balance, timing and spatial awareness. Specially designed instruments, exploration, movement and storytime encourage emergent literacy and help make this class enjoyable for caregivers and children alike.

Code Day(s) Date(s) Time Register by 47501-A 1/28-4/22\* 9:30-10:15 a.m. Thur. 1/25

\$100/in-city, \$110/non-city (12 classes) Cost:

1-3 yrs w/parent Ages:

**Location:** Twin Lakes Recreation Center Other: \*Class does not meet 3/18. **Instructor:** Lisa Bruns, Kindermusik Educator

#### **Tiny Dancers**

Dance! Dance! Children clap and tap in this creative movement class that teaches rhythm, self-expression and coordination!

Code Time **Register by** Day(s) Date(s) 47509-A Thur. 1/14-2/18 10-10:45 a.m. 1/12 47509-B Thur. 3/4-4/15\* 10-10:45 a.m. 3/2

\$40/in-city, \$50/non-city (6 classes) Cost:

Ages: 2–4 vrs. w/parent

Location: Twin Lakes Recreation Center **Instructor:** Meera Popkin-Tarack Other: \*Class does not meet 3/18.

#### **Tumble Weeds**

Leap and stretch, tumble and bend! Children in this class increase motor skills, balance and flexibility as they learn somersaults, walk the balance beam and more!

Code	Day(s)	Date(s)	Time	Register by	Ages*
47510-A	Tue.	1/12-2/16	9:15–10 a.m.	1/8	2–4 yrs.
					w/parent
47510-B	Sat.	1/16–2/20	9:15–10 a.m.	1/14	2–3 yrs.
					w/parent
47510-C	Sat.	1/16–2/20	10:05–10:50 a.n	n. 1/14	4–5 yrs.
					w/parent
47510-D	Tue.	3/23–4/27	9:15–10 a.m.	3/22	2–4 yrs.
					w/parent

Cost: \$40/in-city, \$50/non-city (6 classes)

Ages: 2-5 yrs. w/parent. \*Child must be the age stated by the

first day of class.

Twin Lakes Recreation Center Location:

**Instructor:** Tamara Bailey

# Living and Learning

#### **Leapin' Literature Story Hour**

Literature comes alive on the second Wednesday of the month with a story, crafts and games. Each Story Hour has a theme and planned activities.

Winter Wonderland Dates: 1/13 2/10 Happy Valentines

3/10 Teddy Bears Everywhere

4/14 Rainbow Skies

Cost: FREE

Ages: 2–5 yrs. w/parent Time: Wednesdays, 10-11 a.m. **Location:** Banneker Community Center

#### **Alphabet Adventures**

V A, B, C, D, alphabet fun for you and me! Children practice recognizing and writing letters as they experience the alphabet through art, reading, snacks, crafts, and creative play. Parents have the option to participate, but must remain onsite.

Code Day(s) Date(s) Time Register by 4:15-5 p.m. 47505-A Tue., Thur. 2/2-3/11 1/29

Cost: \$60/in-city, \$70/non-city (12 classes)

Ages:  $2\frac{1}{2}$  –5 yrs.

Banneker Community Center **Location:** 

# Living and Learning

Preschool programs at the Family Resource Center, located on the third floor of the Banneker Community Center



#### **Toy Time for Babies**

Bring your baby and play! Meet other parents, play with a variety of toys and enjoy our third floor Family Resource Center. Siblings up to age 5 yrs. are welcome.

Special speaker:

Monday, January 25, 10:30–11:30 a.m.—Shelia Evans, RN, Bloomington Hospital shows us how to clean our homes with natural products in the workshop "Healthy Homes".

Cost: FREE

Ages: Newborn–5 yrs. w/parent Mondays, 10 a.m.–Noon

#### **Toy Time for Toddlers**

Bring your toddler and play! Walk, jump or hop into our spacious third floor Family Resource Center. Meet other parents and play with a wide variety of toys geared toward active toddlers. You will also find educational materials on the latest topics in child development. Younger siblings welcome!

Cost: FREE

**Ages:** 2–5 yrs. w/parent Thursdays, 2–4 p.m.

#### Say It In Spanish

Nancy Soto sings, reads and plays with little ones while immersing them in the Spanish language.

**Cost:** FREE

Ages: 1–5 yrs. w/parent

Time: Thursdays; First session runs from 10–10:30 a.m.

and repeats from 11-11:30 a.m.

#### Physical Fridays

The gym at the Banneker Center comes alive with preschool play. Keep away those winter doldrums and bring your energetic child. Play mini basketball, hula hoop, ride the toy cars, jump, and run!

**Cost:** FREE

Ages: 1–5 yrs. w/parent Time: Fridays, 10 a.m.–Noon

# Parent workshops with free childcare Thursdays, 6-7:30 p.m.

**Every Child Ready to Read**—free book for each family January 14

Presented by Monroe County Public Library

#### **Nutrition for Toddlers and Preschoolers**

February 11

Presented by Stacy Matavuli, Bloomington Hospital Dietician

#### **Potty Training**

March 11

Presented by Jamie Bonhke, RN, Southern Indiana Pediatrics

#### **Dual Language Acquisition in Young Children**

Thursday, April 8

Presented by Martha Nyikos, Indiana University School of Education

# Family nights—Parents and children together Thursdays, 6–7:30 p.m.

**Animal Visitors** 

January 28

Presented by Sarah DeLone, Monroe County Humane Association

#### **Sign Language for Babies**

February 25

Presented by Cindi Johnson

#### **Folk Dancing**

March 25

Presented by Bob Pierson

#### **Cardboard Construction and Art**

April 25

Presented by Nancy Soto



#### Signing Babies

Sign a song of bears, balls, or bubbles! Watch—can your hands say "music" to the beat? Use the power of music and play to create unique opportunities to share ASL signing with your child. Signing with young, hearing babies and children enriches their interactions, relieves frustration, and gives you fascinating insights into your little one's thoughts and preferences. Signing facilitates early speech, vocabulary, and memory development. Through songs, toys, and playtime, this class will teach more than 50 signs children can use to "talk" with parents.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47506-A
 Wed.
 3/3-4/14\*
 10-10:45 a.m.
 3/1

Cost: \$60/in-city, \$75/non-city (6 classes)

Ages: 6–24 mos. w/parent

**Location:** Twin Lakes Recreation Center **Instructor:** Lisa Bruns, Kindermusik Educator

Other: Class includes the book Sign Language for Babies and Toddlers by Christopher Brown and John Clements.

\*Class does not meet 3/17.

# Super Fun Fridays W

Have a super fun day! Children will enjoy refreshments, crafts, and lots of activities and play. Feel free to bring a lunch and enjoy the fun atmosphere.

Fridays, 11:30 a.m.-1 p.m. • \$5/Friday, \$35/series Register by the day of the event. **Banneker Community Center** For ages 2–5 yrs. w/parent.

January 8–April 23	January 8
Code: 47508-I	Code: 47508-A
Super Fun Friday Series	Community Helpers
January 22	February 5
Code: 47508-B	Code: 47508-C
Snowy Days	Loving Hearts
February 19	March 12
Code: 47508-D	Code: 47508-E
Under the Sea	Lucky Little Leprechaun
March 26	April 9
Code: 47508-F	Code: 47508-G
Down on the Farm	Fairy Tale Foods
April 23	and the contract of the contra
Code: 47508-H	
Sports R Us	

#### Planes, Trains, and DADDYmobiles

Ready, set, go with a pile of wood scraps and creative energy! Dads, grandads, uncles, and men bring your sons and daughters for two evenings of designing, hammering, and building! Materials are included and a snack is provided.

Code	Day(s)	Date(s)	Time	Register by
47503-A	Mon.	3/22-3/29	6–7 p.m.	3/19

Cost: \$5 (2 classes) 3–5 yrs. w/parent Ages:

**Location:** Banneker Community Center

#### Somewhere Over the Rainbow

Journey through a rainbow of imagination in this creative art class. We will explore each color of the rainbow through colorful crafts and artistic play. Wear play clothes and bring your imagination! Smocks are provided. Parents are invited to participate and must remain onsite.

Code	Day(s)	Date(s)	Time	Register by
47507-A	Tue Thur	3/23-4/15	4·15–5 n m	3/22

\$35/in-city, \$40/non-city (8 classes) Cost:

 $2\frac{1}{2}$  –4 yrs. w/parent Ages: **Location:** Banneker Community Center

# **Sports and Fitness**



#### **Turf Tigers**

Coach Chris Doran leads a terrific introduction to soccer! Classes feature age-appropriate activities and small-sided games to promote balance, coordination, creativity and comfort with the ball. Shin guards required; sneakers or cleats are appropriate. Each session is six weeks and pre-registration required. Sign up online at bloomingtonsoccer.net.

Day(s)	Date(s)	Time	Session	Register by
Mon.	1/4-2/8	5:15–6 p.m.	Winter II	1/3
Mon.	2/15-3/29	5:15–6 p.m.	Spring I	2/14

\$65 Cost:

4–5 yrs. and up Ages:

Twin Lakes Recreation Center **Location:** 

#### **SOCCER Sport Shorties**

 $\mathbf{v}$ Sport Shorties athletes learn the basic skills of team soccer in a FUN and safe recreational atmosphere. Parent volunteer coaches are welcome.

Code	Day(s)	Date(s)	Time	Register by
47504-A	Wed.	2/10-3/10	10–11 a.m.	2/5

\$25/in-city, \$30/non-city (5 classes) Price includes T-shirt. Cost:

3-5 yrs. w/parent Ages:

Twin Lakes Recreation Center **Location:** 

**Instructors:** Volunteer coaches

Other: Volunteer coaches needed: If interested in

coaching, contact Kim Ecenbarger at 349-3739

or ecenbark@bloomington.in.gov.

**Coaches orientation:** February 10 at 9:15 a.m.

#### Sport Shorties/Tee Ball Shorties

 $\mathbf{V}$ Experience the FUNdamentals of team sports at an early age. Sport "Shortie" participants learn the basic skills of baseball in a fun and safe atmosphere. Parent participation is welcomed and encouraged. Games and practices will be held at the Lower Cascades softball fields. In case of inclement weather call the Sports Hotline at 349-3610. No games on May 29

10 15 0010. 110 games on 111aj 25.							
Code	Day(s)	Date(s)	Time	Ages			
47512-A	Sat.	4/24-6/5	TBD	3–4 yrs.			
				w/parent			
47512-B	Sat.	4/24-6/5	TBD	5–6 yrs.			
				w/parent			

Cost: \$40/in-city, \$50/non-city (6 games)

Price includes T-shirt.

Register by: 4/16

V

**Location:** Lower Cascades Park

Other: Teams will be determined after the registration deadline.

Parents will be notified of team placement by phone prior to season. For program questions contact the Banneker Community Center at 349-3746. Volunteer coaches needed: If interested in coaching, contact Kim Ecenbarger at 349-3739

or ecenbark@bloomington.in.gov.

Coaches Orientation: April 21 from 6-7 p.m. at

the Banneker Community Center.

#### **Bloomington Youth Basketball**

See page 22.

#### **Kid City Summer Camps**

See pages 24–25.

# Living and Learning



#### Kid City January Break Days

Start off the new year with field trips, arts n' crafts, sports, games, and good ol' camp songs. Kid City Break Days provide camp fun when school's out! Call 349-3731 for specific program information.

Code Day(s) Date(s) Time Register by 44501-A Mon. 1/4 7:30 a.m.-6 p.m. 12/28

Location: Twin Lakes Recreation Center

44501-B Mon. 1/18 7:30 a.m.-6 p.m. 1/13

Location: Banneker Community Center

Cost: \$30/in-city, \$35/non-city

Ages: Grades K–6

#### Kid City Spring Break Days

Rev up for Kid City Summer Camp with field trips, arts n' crafts, sports, games, and good ol' camp songs. Kid City Break Days provide camp fun when school's out! Call 349-3731 for specific program information.

Code	Day(s)	Date(s)	Time	Register by
44501-C	Mon.	3/15	7:30 a.m6 p.m.	. 3/11
44501-D	Tue.	3/16	7:30 a.m6 p.m.	3/11
44501-E	Wed.	3/17	7:30 a.m6 p.m.	3/11
44501-F	Thur.	3/18	7:30 a.m6 p.m.	3/11
44501-G	Fri.	3/19	7:30 a.m6 p.m.	3/11
44501-H	MonFri.	3/15-3/19	7:30 a.m6 p.m.	3/11
44501-I	Tue.	5/4	7:30 a.m6 p.m.	4/29

Cost: \$30/in-city, \$35/non-city

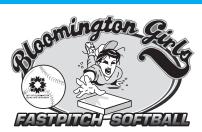
\$150/in-city, \$175/non-city—Mon.-Fri.

Ages: Grades K–6

**Location:** Twin Lakes Recreation Center

# **Sports and Fitness**





Designed for the beginning through advanced player, this league focuses on responsible competition, including skill building and a complete understanding of the game. Bloomington Girls Fastpitch Softball includes several levels of play ranging from tee ball to fastpitch for players ages 5–15 yrs. Each player receives a full competition-quality uniform. The league is instructed and overseen by head softball coaches from Bloomington North and South High Schools along with certified youth sports professionals, ensuring a quality experience for all players and parents.

Players can play up, or in more than one league, with the approval of the league commissioner. Please note special requests for team placements (e.g. on the same team as friends) on the registration form. We will make every attempt to accommodate special requests.

Middle School Softball League—Players currently in middle school or who will attend middle school in Fall 2010, please indicate which middle school player will attend on the registration form.

Coaches wanted! For more information about leagues or volunteering to coach (see page 45), contact Chris Truelock at 349-3774.

Cost: \$80/in-city, \$90/non-city

**Locations:** TBD

Day(s) and Times: TBD—In the event of rain, call the Sports Hotline at 349-3610 for further instructions. If it rains, your team placement

day will be moved indoors to the Frank Southern Ice Arena.

League Coordinator: Chris Truelock, CYSA

My daughter was born in:	Her league is:	Her registration code is:	Her registration deadline:	My cost is:	Her team placement day at Lower Cascades ballfields:	Duration of league:
2003, 2004 or 2005	Intro League Coach Pitch/Tee ball	47202-A	3/26	\$80/in-city \$90/non-city	Thur., April 1, 6:30–8 p.m.	4/5–7/1
2001 or 2002	Mid-Minor League Machine Pitch	47202-B	3/26	\$80/in-city \$90/non-city	Fri., April 2, 6:30–8 p.m.	4/5–7/1
1999 or 2000	Minor League Player Pitch	47202-C	3/26	\$80/in-city \$90/non-city	Mon., April 5, 6:30–8 p.m.	4/5–7/1
1997 or 1998	Mid-Major League Player Pitch	47202-D	3/26	\$80/in-city \$90/non-city	Tue., April 6, 6:30–8 p.m.	4/5–7/1
1994, 1995 or 1996	Major League Player Pitch	47202-E	3/26	\$80/in-city \$90/non-city	Wed., April 7, 6:30–8 p.m.	4/5–7/1
In middle school in 2009 or in 2010	Middle School League Player Pitch	47202-F	3/26	\$80/in-city \$90/non-city	You will be called by your coach.  Wear comfortable clothes, cleats, and bring your gear.	4/5–7/1

#### Little Kickers

Soccer players join Coach Chris Doran for a terrific introduction to the world's most popular game! Classes feature age-appropriate activities and small-sided games to promote balance, coordination, creativity, and comfort with the ball. Shin guards required—sneakers or cleats are appropriate. Each session is six weeks and pre-registration is required. Sign up online at bloomingtonsoccer.net.

Day(s) Date(s) Time Register by 1/5 - 2/95:15-6 p.m. 1/4 Tue. 2/16-3/30 2/15 Tue. 5:15-6 p.m.

\$65 (6 classes) Cost: 6-7 yrs. Ages:

**Location:** Twin Lakes Recreation Center

#### **Shooting Stars**

Players join Coach Chris Doran for an introduction to the technical skills required to enjoy soccer and fundamental decision making within the game. The small-sided games promote a lot of touches on the ball, and great opportunities to review how to be successful as a soccer player. Shin guards required—sneakers or cleats are appropriate. Each session is six weeks and pre-registration is required. Sign up online at bloomingtonsoccer.net.

**Register by** Day(s) Date(s) Time 1/7 - 2/11Thur. 5:15-6 p.m. 1/6

\$65 (6 classes) Cost: Ages: 8-9 yrs.

**Location:** Twin Lakes Recreation Center

#### **Hockey Initiation—Session II**

This program provides a safe and positive experience for beginning hockey players. The primary focus of instruction is on skating, puck handling, passing and shooting. Equipment required: A bicycle helmet, hockey stick, and a pair of any type of gloves.

Code Day(s) Date(s) Time Register by 12503-A Sun. 1/10-2/14 1:45-2:45 p.m.

**Cost:** \$40/in-city, \$45/non-city (6 classes)

Ages: 5-18 yrs.

Frank Southern Ice Arena **Location:** 

For ages 6–15 yrs. Cost: \$38/in-city, \$45/non-city (14 classes)

Build self-confidence, develop self-discipline, and learn how to defend yourself. Classes are held at the Banneker Community Center and are taught by instructors from Monroe County Martial Arts.

#### **Beginning Youth Tae Kwon Do**

For the beginning student. White belts only.

Code Dav(s) Date(s) Time Register by Tue., Thur. 1/12-2/25 47513-A 6-6:45 p.m. 1/7 3/2-4/22\* 47513-B Tue., Thur. 6-6:45 p.m. 2/25

#### Intermediate Youth Tae Kwon Do

For the intermediate student. Yellow belt and above.

Code Dav(s) Date(s) Time Register by 1/12-2/25 47514-A Tue., Thur. 6:45-7:30 p.m. 1/7 47514-B Tue., Thur. 3/2-4/22\* 6:45–7:30 p.m. 2/25

\*Class does not meet 3/16 or 3/18.

#### Youth Baseball

Cal Ripken League, Babe Ruth League, and Buddy Ball step up to the plate! Bloomington Junior League Baseball Association has been offering programs in baseball to area youth since 1953. In partnership with Bloomington Parks and Recreation, programs are available for youth ages 5–18 yrs. at all levels of skill and ability. Program questions should be directed to the BJLBA Hotline by calling 335-6635 or www.bjlba.org.

4/1-6/30 Dates: 5-18 vrs. Ages:

**Locations:** Winslow Sports Complex and Bryan Park

#### **Youth Tennis Lessons**

Classes meet twice each week for four weeks. Instructors are accomplished players. Typical student-to-teacher ratio is 5:1. Some participants ages 14-17 yrs. may be asked to move to the adult classes if skills are more advanced. For more information call 349-3762.

Code	Day(s)	Date(s)	Time	Ages	Level
47201-A	Mon., Wed.	5/3-5/26	4–5 p.m.	7–12 yrs.	Beginner
47201-B	Mon., Wed.	5/3-5/26	5–6 p.m.	7–12 yrs.	Intermediate
47201-C	Tue., Thur.	5/4-5/27	5–6 p.m.	7–12 yrs.	Beginner
47201-D	Tue., Thur.	5/4-5/27	6–7 p.m.	13–17 yrs.	Beginner/
					Intermediate

Cost: \$38/in-city, \$46/non-city Ages: 17 yrs. and under

Register by: 4/29

Winslow Sports Complex Location:



#### Private Tennis Lessons

If group lessons are not your style or if you like more personalized attention, private lessons are available from our group instructors. Times are flexible. Call 349-3762 for more information.

#### Play Tennis throughout the City

Public play at Winslow Sports Complex, Bryan Park, Southeast Park, Park Ridge East, Sherwood Oaks, Thomson Park, and Bloomington High Schools North and South is permitted whenever courts are not being used by City of Bloomington Parks and Recreation. Available hours are posted at each site.

#### Learn to Ride



Beginners—Spend the entire summer cruising on your bicycle after this kickoff to Bloomington Bikes Week. Participants learn how to confidently and safely ride their bikes through individual instruction, and will also learn about bike maintenance, road safety and proper bike and helmet fittings. Each participant receives a free bike helmet and must bring a bicycle without training wheels. Parents are encouraged to participate, and must remain on site. Class will be rescheduled in case of inclement weather.

Code	Day(s)	Date(s)	Time	Register by
47511-A	TueThur.	5/11-5/13	4:30-5:30 p.m.	5/10
47511-B	TueThur.	5/18-5/20	4:30-5:30 p.m.	5/17

Cost: \$30/in-city, \$35/non-city (3 classes)

Ages: 5–9 yrs. w/parent **Location:** Bryan Park Pool parking lot

**Instructor:** Raymond Hess

**Junior Golf Clinic** 

See page 34.

#### Ice Skating Lessons and the Spring Ice Show See page 11.



Call Leslie Brinson at 349-3735 or Mark Sterner at 349-3768 with program questions. Contact Kim Ecenbarger at 349-3739 if interested in coaching or sponsorship. A variety of sponsorships ranging from individual to corporate are available.

#### **Developmental League**

Parks and Recreation Developmental League is where everyone is a winner! This program focuses on building self-esteem, teamwork, and the basic fundamentals of basketball. Jump in and share a fun and positive experience with your child. Rules are modified to fit individual skill levels and enhance the ability for each player to learn and develop. All leagues are coed. Season includes weekly practices and games. The season concludes with an awards banquet. Teams practice two nights a week for the first two weeks of the season—then one night a week for the remainder of the season. Practices begin the week of January 25. Games begin the week of February 8 for grades 4–8; Saturday, February 13 for grades Pre-K–3.

Code	Grade	Game Day(s)	Date(s)	Time
45015-A	Pre-K	Sat.	2/13-4/3	TBD
45015-B	K-1	Sat.	1/25-4/3	TBD
45015-C	2-3	Wed./Sat.	1/25-4/3	TBD
45015-D	4–5	Tue./Sat.	1/25-4/3	TBD
45015-E	6–8	Thur./Sat.	1/25-4/3	TBD

**Cost:** \$60/\$50 Pre-K

Register by: Grades K–8: 1/8, Pre-K: 2/3 Locations: Twin Lakes Recreation Center, Banneker Community Center

COACHES NEEDED! MANDATORY NEW COACHES INFORMATION SESSION: Tue., Jan. 5 at 6 p.m. or Thur., Jan. 7 at 6 p.m. at

Twin Lakes Recreation Center.

MANDATORY COACHES MEETING: Wed., Jan. 20, 6 p.m. or Thur., Jan. 21, 6 p.m. at Twin Lakes Recreation Center.

Volunteer coaches deadline: Jan. 4

	<b>Required Evaluat</b>	tion Day
Grade	Date	Time
Grades 2–3		11 a.m.
Grades 4–5	1/9	12:15 p.m.
Grades 6–8	1/9	1:15 p.m.

There is no evaluation for grades K-1. Make-up session on Thur., Jan. 14 at 6 p.m. Teams are made by program staff after the evaluation day.

#### **Spring League**

A fun league focused on the development of character and basketball skills. The league is for grades K–8. Each team has seven to nine players. Playing time per game for each participant is two quarters guaranteed. Divisions may be separated or combined and game nights might be changed based upon the number of registrants.

Tuesdays and Thursdays • April 26-June 30 • 5:30-8:30 p.m.

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Code	Age	Grade	Register by
45014-A	5–7	Kindergarten	4/9
45014-B	6–8	Grade 1	4/9
45014-C	7–9	Grade 2	4/9
45014-D	8-10	Girls grades 3–5	4/9
45014-E	8-10	Boys grades 3–4	4/9
45014-F	9–11	Boys grades 5–6	4/9
45014-G	10-13	Girls grades 6–8	4/9
45014-H	11-13	Boys grades 7–8	4/9
Cost:	\$70	, ,	
Location:	Twin Lak	es Recreation Center	

#### **Skilled League**

This program focuses on basketball fundamentals along with the application of learned skills during game participation. If your child has a general understanding of the game, can dribble, shoot and pass, this is the league for him or her. The league offers divisions ranging from grades K–8. All leagues are coed up through grade 3. Girls play in a Girls Only League beginning in grade 4. Season includes weekly practices and games one night a week and an occasional Saturday. The season concludes with an awards banquet and single elimination tourney for each grade level. Teams practice two nights a week for the first two weeks of the season—then one night a week for the remainder of the season. Practices are held at Twin Lakes Recreation Center. Time and day are determined by the coach. Practices begin the week of January 25. Games begin the week of February 8.

Code	Grade	Game Day(s)	Date(s)	Description
45016-A	K	Wed.	1/25-4/9	Coed
45016-B	1	Mon.	1/25-4/9	Coed
45016-C	2	Tue.	1/25-4/9	Coed
45016-D	3	Wed.	1/25-4/9	Coed
45016-E	4–5	Tue.	1/25-4/9	Boys
45016-F	4–6	Tue.	1/25-4/9	Girls
45016-G	6	Mon.	1/25-4/9	Boys
45016-H	7–8	Thur.	1/25-4/9	Girls
45016-I	7–8	Thur.	1/25-4/9	Boys

Cost: \$75 Register by: 1/8

Locations: Twin Lakes Recreation Center

COACHES NEEDED! MANDATORY NEW COACHES INFORMATION SESSION: Tue., Jan. 5 at 6 p.m. or Thur., Jan. 7 at 6 p.m. at Twin Lakes Recreation Center.

MANDATORY COACHES MEETING: Wed., Jan. 20, 6 p.m. or Thur., Jan. 21, 6 p.m. at Twin Lakes Recreation Center Volunteer coaches deadline: Jan. 4

Required	<b>Evaluation</b>	Day
Grade	Date	Time
Grades K-1	1/9	10 a.m.
Grades 2–3	1/9	11 a.m.
Grades 4–5	1/9	12:15 p.m.
Boys grade 6	1/9	1:15 p.m.
Boys grades 7–8	1/9	2:15 p.m.
Girls grades 4–8	1/9	2:45 p.m.
Mala am accaion an	Inn 11 at 6 m	T

Make-up session on Jan. 14 at 6 p.m. Teams are made by program staff after the evaluation day.

Required	Evalua	ntion Day
Grade	<b>Date</b>	Time
Grade K Coed	4/21	5:30 p.m.
Grade 1 Coed	4/21	5:30 p.m.
Grade 2 Coed	4/21	5:30 p.m.
Grades 3–5 Girls	4/21	6 p.m.
Grades 3–4 Boys	4/21	6 p.m.
Grades 5–6 Boys	4/21	6:30 p.m.
Grades 6–8 Girls	4/21	6:30 p.m.
Grades 7–8 Boys	4/21	7 p.m.

# Sports and Fitness





# **Hook A Kid on Golf**

June 7-11 · Cascades Golf Course

Limited to 40 participants. Apply at Cascades Golf Course. For more information, call 349-3764.

Hook A Kid on Golf is a national golf skill development program that gives youngsters, who normally would not have the opportunity, a complete introduction to the sport of golf without any of the costs that are associated with the sport.

Hook A Kid on Golf is presented with support from the United States Golf Association, Golf Course Superintendents Association of America, PGA Tour, PGA of America, the National Golf Foundation, and the LPGA. This program covers all aspects of golf including rules and etiquette, course maintenance and drug prevention talks.

Hook A Kid on golf is administered by the National Alliance for Youth Sports (NAYS), a 501-C-3 nonprofit organization with a mission to improve the quality of sports for children.

#### To be eligible, a child must:

- Be between ages 8–15 yrs.
- Have never played golf before
- Not own a set of golf clubs

#### **Each child receives:**

- A week-long introductory clinic, including a golf outing with his or her sponsor
- A free Hook A Kid on Golf T-shirt
- New starter set of clubs and custom bag
- Golf balls, cap, and membership bag tag
- Miscellaneous golf accessories

Each Hook A Kid on Golf participant is sponsored by local community members and organizations. For more information about becoming a \$125 sponsor and introducing a child (including your own) to the lifelong game of golf, contact Cascades Golf Course at 349-3764.

### See page 35 for information about Cascades Golf Course.

#### **Junior Golf Clinic**

Give your youngsters the background they need to enjoy the game of golf all their lives! Our two-hour junior golf clinics introduce the fundamentals, plus some of the rules and terms.

Dates: Saturdays, April 17 and 24

**Time:** 10–11 a.m.

**Cost:** \$20/in-city, \$25/non-city **Register by:** 4/12 (Code 43502-A)

**Ages:** 8–17 yrs.



# Student memberships at the Twin Lakes Recreation Center

See page 6 for facility information.

Student					
Membership					
Under 18 yrs. or					
with valid					
college or					
university ID					

\$22 automatic monthly debit Automatically debited from your bank.

\$25 monthly

Payable by cash, check or credit card each month at the TLRC.

\$125 six months

One up-front payment. Savings of \$25 over Automatic Monthly Debit rate.

\$225 annually

One up-front payment. Savings of \$39 over Automatic Monthly Debit rate.



# Kid City is ACA Accredited!

All Kid City programs are proud to be accredited by the American Camp



Association. This nationally recognized accreditation focuses on program quality, health and safety issues, and requires us to review every facet of our operation. Kid City has voluntarily submitted to this independent appraisal done by camp experts and has earned this mark of distinction.

# **ALL CAMP REGISTRATION DAY Saturday, March 6 ◆ 10 a.m.-3 p.m.**

Register for camp at All Camp Registration Day and receive a parent T-shirt! Meet the staff responsible for coordinating our popular summer camp programs. Ask specific questions about camp programs and themes.

#### Kid City camp programs—the best summer experience for your child!

Session A:June 1-4\*Session E:June 28-July 2Session I:July 26-30Session B:June 7-11Session F:July 5-9Session J:August 2-6Session C:June 14-18Session G:July 12-16Session K:August 9-10\*Session D:June 21-25Session H:July 19-23

Camp	Grades 2010-2011 school year	Sessions	Times	Location	Weekly Cost/City	Weekly Cost/Non-City
Kid City Original	K-4	A–K	7:30 a.m.–6 p.m.	Allison-Jukebox Comm. Center	\$135	\$140
Kid City Quest	5–7	A–K	7:30 a.m.–6 p.m.	Banneker Community Center	\$135	\$140
Teen X-treme	8–10	A, B, C, F, G, H	8 a.m.–5 p.m.	Rhino's Youth Center	\$150	\$155
Teen X-treme Travel	8–10	D, E, I	OVERNIGHT 7:30 a.m. Monday– 6 p.m. Friday	Rhino's Youth Center and travel to Kentucky or Illinois	\$330	\$335
CIT Program	8–10	A–J	7:30 a.m.–6 p.m.	Banneker Community Center	\$80	\$85

- \*Sessions A is four days. Session K is two days. The cost for these sessions is prorated. Kid City Quest will be at the Allison-Jukebox Center during these short sessions.
- A non-refundable deposit of \$15 per session per child is due at the time of registration. This deposit is applied to the session fee.
- Session registrations and payments are due in full by 5 p.m. the Monday prior to the start of a selected session. Failure to do so will result in forfeiture of deposit and reserved space.
- Participants who are not registered by the registration deadline will be assessed a \$15 administration fee.
- Following All Camp Registration Day, registrations are accepted by walk-in at the Parks and Recreation office or by mail at 401 N. Morton, Ste. 250, Bloomington, IN 47404. If your child is already registered for camp, credit card payment can be made over the phone at 349-3700.
- Registration materials can be downloaded from the City of Bloomington Parks and Recreation Web site (www.bloomington.in.gov/parks).

Monday	Tuesday	Wednesday	Thursday	Friday		
	1	2	3	4		
	Kid Oit Oit	SESSION A	- 42 - All Di-			
		ginal theme: L treme theme: (				
	8					
7	Ι δ	SESSION B	10	11		
	Kid City Origin	nal theme: You	ına Evplorore			
	Teen X-treme			<b>5</b>		
14	15	16	17	18		
/7	10	SESSION C	//	10		
	Kid City Origin	nal theme: Tas	ste of Kid City			
		treme theme:				
21	22	2.3	24	25		
		SESSION D		•		
Kid	City Original th	neme: Adventu	ires All Around	d Us		
Teen X-treme Travel theme: Wilderness Survival						
28	29	30				
SESSION E						

		amp 1	nemes			
Monday	Tuesday	Wednesday	Thursday	Friday		
			1	2		
	SES	SION E (cont	inued)			
5	6	7 SESSION F	8	9		
		nal theme: We theme: Expe		_		
12	13	14	15	16		
SESSION G  Kid City Original theme: Forest Friends  Teen X-treme theme: Water Sports						
19	20	21	22	23		
Ki	d City Origina	SESSION H I theme: Magic reme theme: (	cal, Musical Fu Climbing	ın		
26	27	28	29	30		
			s and Festivals Southern Illino			

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#### Is my child ready for camp?

In order to support the success and safety of all individuals registered and participating in the City of Bloomington Kid City summer camps, it is important that participants are indeed "Camp Ready." To assist in determining if your child is "Camp Ready," the following criteria have been developed:

- ✓ Participant is age appropriate (ages 4–17 yrs.) Participants may be aged up or down by one grade level.
- ✓ Participant is able to use the restroom independently or with minimal verbal prompting.
- ✓ Participant is able to take direction and instruction from a staff person.
- ✓ Participant is comfortable with, and able to interact in, a group environment.
- Participant is able to participate in the camp program independently or with reasonable accommodations.
- ✓ Participant interacts and participates in camp in a manner that is physically and emotionally safe for themselves and others.

Our camps are inclusive, serving children with and without disabilities. Inclusion services are available for accommodation needs and support options for your child. Reasonable accommodation requests and registration must be made at least two weeks prior to the start of the camp session. For more information, contact the Inclusive Recreation Coordinator, Amy Shrake, CTRS, at 349-3718 or shrakea@bloomington.in.gov.

#### **Counselor-In-Training Program**

Want to be a Kid City staff member? The Counselor-In-Training Program is the first step in becoming a camp counselor. In addition to working with children, gaining leadership experience and receiving great job training, CITs are also involved in planning and implementing camp special events. Applications will be available after January 19 at the City of Bloomington Parks and Recreation office or online at www.bloomington.in.gov/parks. Candidates who apply by March 12 receive first priority in call-back interviews and session requests. Applications will be accepted until March 31. Interviews begin April 1.

For grades 8–10 • Mon.–Fri., 7:30 a.m.–6 p.m. \$80/in-city, \$85/non-city, \$20/returning City of Bloomington Banneker Community Center

Submitting an application does not guarantee a candidate will be accepted into the program, nor does it commit a selected candidate to participate. Candidates who are accepted into the CIT program will receive notice of acceptance and pre-approved session dates. Registration begins in May. For more information call 349-3731.

	1 +	1	TI	_
F		Camp		S
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		SESSION J inal theme: Te		_
9	10	Back to School	12	13
	ION K ginal theme:	Back		
	o Summer	School		
16	17	18	19	20
23	24	25	26	27
30				

#### **Kid City Original**

"If we ran the world ..." At Kid City Original, a new experience awaits your child every day! Campers explore the world around them with field trips and special events. Daily programs give campers the chance to try specialized activities in the areas of nature, the outdoors, sports, games, arts, and media. As always, our unique weekly themes provide something fun for everyone! We give every child a summer to remember.

#### **Kid City Quest**

Choose something great this summer! Kid City Quest campers design their own program experience through Choice Exploration (activity options that differ from the usual camp fare). In addition, campers experience field trips, splash the summer away swimming, and learn more about themselves and their friends through team time!

#### **Teen X-treme**

Feed your adventurous spirit this summer with Teen X-treme! Pick the weeks that match your interests or try something brand new. Each session participants will have the opportunity to use the Low Ropes Challenge Course or participate in team-building activities.

#### **Teen X-treme Travel**

Spend five days exploring the state parks, adventure sites and natural areas of Indiana and surrounding states. These overnight camping excursions each have a different focus and destination, but they all provide an incredible adventure experience!

#### **College for Kids!**

Ivy Tech Community College—Bloomington is teaming up with City of Bloomington Parks and Recreation's Kid City summer camp program to bring four unique week-long camps to participants ages 11–14 yrs. Ivy Tech offers fun college-style classes in the morning and then transport campers to Rhino's Youth Center to meet the Kid City staff for an afternoon of games, field trips, or swimming. Campers enjoy a variety of program choices as well as favorites such as *Radical Robots*, and *Lights*, *Camera*, *Action!* For questions about afternoon camp sessions, call 349-3731.

Register through Ivy Tech Community College. For more information about Ivy Tech class sessions, call 330-6041.

June 7–11—Register by 6/1 June 14–18—Register by 6/7 June 21–25—Register by 6/14 June 28–July 2—Register by 6/21

**Cost:** \$180, \$90 per 1/2 day **Time:** 8:30 a.m.-6 p.m. **Ages:** 11-14 yrs.

**Location:** Ivy Tech Bloomington Campus,

200 Daniels Way and Rhino's Youth Center,

327 S. Walnut St.



The following after-school programs are presented through a partnership between the City of Bloomington Parks and Recreation Department and Rhino's/Harmony School.

All programs are FREE and are held at Rhino's Youth Center, 331 S. Walnut St. Registration is not required. All programs are ongoing, so you can join at any time!

#### **YOUTH VIDEO (Phinoplasty)**



This program focuses on learning to use video and editing equipment, writing news commentaries and humor sketches for production, understanding TV production sequences and developing stage presence. Participants produce and broadcast a variety show aired on CATS TV every Friday at 10 p.m.

CodeDay(s)Date(s)TimeAges30000Mon.ongoing3:30-7 p.m.13-18 yrs.

**Instructor:** David Walter

# Youth Visual arts: mural project and screenprinting workshop



The Youth Art Project gives area youth an opportunity to create artwork for display around Bloomington. Using an openworkshop format, this program focuses on mural painting, drawing, 3D design, and other forms of artistic expression. The screenprinting workshop offers hands-on learning of both fine art photo process screenprinting and textile printing. Participants must make a commitment to complete and provide a description of each project. Participants involved in this program may also enjoy the graphic design component of the Youth Journalism Project held Wednesday afternoons.

 Code
 Day(s)
 Date(s)
 Time
 Ages

 30000
 Tue.
 ongoing
 3:30-5:30 p.m.
 13-18 yrs.

**Instructors:** Danielle Urschel and Sparky Taylor

# **YOUTH JOURNALISM Project** (The Antagonist)

Make your opinion known! *The Antagonist*, Bloomington's youth newspaper, is looking for writers, editors, and artists. *The Antagonist* is published monthly and includes music reviews, editorials, issue-based articles, poetry, and youth art.

 Code
 Day(s)
 Date(s)
 Time
 Ages

 30000
 Wed.
 ongoing
 3:30-5:30 p.m.
 13-18 yrs.

**Instructor:** Sparky Taylor

#### **YOUTH Padio**



Youth Radio on WFHB 91.3 FM wants you ON AIR! Young broadcasters learn about the inner workings of a radio station, spin their musical selections, talk about youth activities, and discuss youth/community issues. Participants have the opportunity to learn editing skills, hone their radio personalities, and attend informative workshops. Bring two blank CDs. Youth Radio broadcasts on Saturdays from 5–10 p.m. Participants must attend Thursday meetings and demonstrate certain competency levels with the equipment to become broadcasting members of Youth Radio.

CodeDay(s)Date(s)TimeAges30000Thur.ongoing3:30-5:30 p.m.13-18 yrs.

Instructor: Eric Ayotte

These programs are made possible with support from WFHB Community Radio, CATS TV, United Way and the Monroe County Tobacco Prevention and Cessation Coalition.

# Living and Learning

#### Teen Chess Club at Banneker

Finished with your homework and want to test your chess skills against other teens and the Banneker staff? Bracketed chess tournaments take place every Tuesday night. Don't know how to play chess, but would like to learn? Let our staff teach you the finer details of the game. Entry is free, and a nightly winner will be rewarded! Participants can be dropped off any time after 3 p.m. and must be picked up by 9 p.m.

**Days:** Tuesdays, 6:30–8:30 p.m.

Cost: FREE Ages: 12–16 yrs.

**Location:** Banneker Community Center

#### Teen Wii® Tournament at Banneker

NFL Madden, Mario Kart, Spider-Man, Bowling, Playground Games ... pick your game and challenge other teens to a match. Participants can be dropped off anytime after 3 p.m. and must be picked up by 9 p.m.

**Days:** Thursdays, 6:30–8:30 p.m.

Cost: FREE Ages: 12–16 yrs.

**Location:** Banneker Community Center

#### **Teen X-treme Summer Camps**

See page 24–25.

# **Sports and Fitness**



**Youth Tennis Lessons** 

See page 21.

#### **Bloomington Youth Basketball**

See page 22.

# **Travel**



HOOSIER

# **Spring Break Rock Climbing at Red River Gorge**

Climb to new heights at Red River Gorge with this spring break trip for teens. Explore beautiful Daniel Boone National Forest, camp in the spectacular wilderness of western Kentucky, and climb your heart out. This partnership with Hoosier Heights staff offers instruction for the beginner to the advanced climber. For more information, call Josh Thurston or Isaac Heacock at 824-6414.

CodeDay(s)Date(s)TimeRegister by44502-AThur.-Sat.3/18-3/209 a.m. Thurs.3/10

−5 p.m. Sat.

**Cost:** \$180/in-city, \$185/non-city

**Ages:** 13–18 yrs.

**Location:** Departs from the Allison-Jukebox

Community Center

# Teen X-treme Travel Summer Camps

See page 24–25.

## The Great Outdoors

#### For all Great Outdoors programs:

Price is per person. Children under age 12 yrs. must be accompanied by a registered adult. Activities may be both inside and outside, so please dress for the weather.

#### Volunteer to Maintain our Natural Spaces

Would you like to help maintain and restore some of Bloomington's most scenic natural areas? Many volunteer projects are available for individuals and groups throughout the Bloomington community. Help is needed in a variety of parks, including Griffy Lake Nature Preserve and Latimer Woods. See page 45 or contact Special Services Coordinator Kim Ecenbarger at 349-3739 to find out how you can get involved.

#### **Natural Resources Educator**

Call our Natural Resources Educator to your event to add hands-on activities that enhance interest in our natural world. Schedule programs, classroom visits or field trips about water quality, geology, bats, bobcats, trees, wildflowers, natural art, and more! For more information, call Elizabeth Tompkins at 349-3759 or tompkine@bloomington.in.gov. A \$20 fee is charged for most programs.

#### Adopt-a-Trail Program

More than 30 trail miles in Bloomington's city parks need periodic inspection and maintenance to remain safe and usable. Parks and Recreation staff provide training and equipment to volunteer groups of any size for a one-year commitment to monthly trail monitoring and annual trail maintenance. Volunteer monitoring and maintenance hours can be applied toward your Citizen Scientist certification. For more information, call 349-3739.

# Citizen Scientist Certification

Parks and Recreation offers a unique opportunity for community members ages 14 yrs. and up: Citizen Scientist certification. To receive this certificate, participants have one year to attend two scheduled programs indicating a Citizen Scientist opportunity, and to volunteer at least 10 hours monitoring or maintaining the city's natural areas. For more information or to receive a list of upcoming workshops and Citizen Scientist opportunities, call 349-3759.

# Educator Resources

If you or your organization would like to learn more about water quality, wildlife or forest ecology, or karst topography, contact us to schedule a hands-on educational workshop.

We offer instruction in Hoosier Riverwatch, Project Wild, Project Learning Tree, Project WET and Project Underground. For more information, call 349-3759 or

check out these activities through the Natural Resources

Education Center at www.in.gov/dnr/nrec.

**Winter Survival Skills** 

It's cold and you're lost in the wilderness. Do you know what to do? Practice hands-on survival techniques that may help keep you alive in an emergency.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 44014-A
 Sat.
 1/30
 10-11:30 a.m.
 1/24

**Cost:** \$3/in-city, \$4/non-city

Ages: 10 yrs. and up

**Location:** Griffy Lake Nature Preserve—Meet at the boathouse.

**Instructor:** Elizabeth Tompkins

#### **Make Your Own Paper Valentine**

Trees are present in our lives every day ... even if we never enter the woods. Make a special valentine from recycled paper. Add wildflower seeds to make a card that will grow in the spring. Each participant can make three cards during the session.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 44008-A
 Wed.
 2/10
 6-7:30 p.m.
 2/5

Cost: \$5/in-city, \$6/non-city
Ages: 6 yrs. and up
Location: Twin Lakes Lodge
Instructor: Sara Beatty

#### First Aid for Dogs and Cats

Do you know what to do if your cat or dog becomes injured on the trail or anywhere else? This course teaches individuals how to provide immediate and temporary care to an animal until it can be taken to a veterinarian. Learn how to move an injured animal, check vital signs, care for breathing and cardiac emergencies, control bleeding, and more. Just a couple of hours of instruction could save a life! A manual, DVD, and pet first aid kit are included. You will also meet a certified search and rescue dog.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 44006-A
 Tue.
 2/16
 6:30–9 p.m.
 2/12

Cost: \$40 Ages: For all ages.

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**Location:** City Hall, McCloskey Room #135

**Instructor:** Ryan Todd, American Red Cross Instructor Trainer,

EMT, M.S.

#### Caves Among Us

See what occurs in the caves, springs and wetland area at Leonard Springs Nature Park. A variety of plants and animals call the park home, including many that rely on karst features for their survival. Walk the rugged, one-mile trail loop to see what changes with the season.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 44002-A
 Wed.
 2/17
 Noon-1:30 p.m.
 2/16

 44002-B
 Wed.
 4/21
 6-7:30 p.m.
 4/20

Cost: FREE
Ages: For all ages.

**Location:** Leonard Springs Nature Park

**Instructor:** Kriste Lindberg



age 2).

## The Great Outdoors

#### For all Great Outdoors programs:

Price is per person. Children under age 12 yrs. must be accompanied by a registered adult. Activities may be both inside and outside, so please dress for the weather.

#### Maple Syrup Made Easy

A maple tree is all it takes to experience the sweetness of homemade maple syrup. During this hands-on workshop, discuss tree identification, equipment, collection and syruping techniques, and learn the history of maple syrup and sugar. Take-home instructions are supplied, along with a taste of the final product in multiple forms. This program is held outdoors, so dress accordingly.

Code	Day(s)	Date(s)	Time	<b>Register by</b>
44010-A	Sat.	2/27	11 a.m.–1 p.m.	2/21

Cost: \$6/in-city, \$7/non-city

**Ages:** For all ages.

**Location:** Lower Cascades Park, Sycamore Shelter

**Instructor:** Elizabeth Tompkins

#### **Winter Freeze Tree ID**

Identifying trees in non-leaf seasons can be fun! Enjoy hiking the winter trails while learning how to recognize common dormant tree species by studying their twigs and bark. Don't let the chilly weather keep you indoors. Bundle up and enjoy some hot chocolate by the fire while learning your winter trees.

Code	Day(s)	Date(s)	Time	Register by
44013-A	Sat.	2/27	2-3:30 p.m.	2/23

Cost: \$3/in-city, \$4/non-city

Ages: For all ages.
Location: Winslow Woods
Instructor: Sara Beatty

# From Quarry to Grave: The Making of Limestone Headstones

Our unique Indiana stone is ideal for many purposes, including the creation of headstones. Visit sites where headstones are quarried, see them in production, and wander cemeteries where they have been placed. Geologists and carvers discuss their professions along the way. A catered lunch is provided.

Code	Day(s)	Date(s)	Time	Register by
44007-A	Sat.	3/27	9 a.m.–4 p.m.	3/24

Cost: \$29/in-city, \$34/non-city

**Ages:** For all ages.

**Location:** Twin Lakes Recreation Center

**Instructor:** Carroll Ritter, Sycamore Land Trust and Kriste Lindberg

#### Map and Compass Egg Hunt

Take a new bearing on the traditional egg hunt. Learn the art of orienteering while searching for eggs filled with candy. Maps and compasses are provided for use during the program. An instructional session takes place before the hunt.

Code	Day(s)	Date(s)	Time	Register by
44009-A	Tue.	3/30	5:30–7 p.m.	3/24

Cost: \$5/in-city, \$6/non-city

**Ages:** For all ages.

**Location:** Griffy Lake Nature Preserve—Meet at the boathouse.

**Instructor:** Sara Beatty

#### **Morning Paddle**

Let the sun slowly warm you and listen to the peaceful sounds of life on the early morning lake. On-site registration is available. Children under age 14 yrs. must be accompanied by a registered adult. Watercraft, paddles, and personal flotation devices are provided.

Code	Day(s)	Date(s)	Time	Register by
44011-A	Thur.	4/8	7:30-8:30 a.m.	4/6
44011-B	Thur.	4/15	7:30-8:30 a.m.	4/13
44011-C	Thur.	4/29	7:30-8:30 a.m.	4/27
44011-D	Thur.	5/6	7:30–8:30 a.m.	5/4
Cost:	\$5/in-city, \$	66/non-city		

Ages: For all ages.

**Location:** Griffy Lake Nature Preserve—Meet at the boathouse.

#### **Discovering the Night**

Explore the mysteries of the natural world at night. Discover the senses that make nocturnal animals so comfortable in the dark. Practice using your own senses on the 1½-mile hike through woods. Bring a flashlight to find your car after the hike.

Code	Day(s)	Date(s)	Time	Register by
44003-A	Fri.	4/9	8–9:30 p.m.	4/6

Cost: \$3/in-city, \$4/non-city
Ages: 7 yrs. and up

**Location:** Griffy Lake Nature Preserve—Meet at the boathouse.

**Instructor:** Sara Beatty

#### **Birding with Binoculars**

Look and listen for your favorite birds while learning the basics of bird watching, bird identification, and binocular use. Make a bird feeder out of recycled materials to attract birds to your own backyard. Binoculars are provided for use during the program.

	r		I - 0			
Code	Day(s)	Date(s)	Time	Register by		
44001-A	Wed.	4/14	6:30–8 p.m.	4/11		

Cost: \$3/in-city, \$4/non-city

**Ages:** For all ages.

**Location:** Griffy Lake Nature Preserve—Meet at the boathouse.

**Instructor:** Sara Beatty

# Mysteries Revealed! Miller-Showers Park Tours

Where does the water go after it rains? We retrace contour lines that raindrops follow as they roll downhill and settle in a pond, learn how plants naturally cleanse storm water to help keep our waterways clean, and look for signs of wildlife as water flows north and east through Miller-Showers and then Cascades Park. Secrets of watersheds are revealed!

Code	Day(s)	Date(s)	Time	Register by
44012-A	Wed.	4/28	6–7:30 p.m.	4/27

Cost: FREE
Ages: For all ages.
Location: Miller-Showers Park
Other: Kriste Lindberg

#### **Volunteer for Leonard Springs Nature Days**

See page 45.



# Earth Week

## **Trail Cleanup**

Celebrate Earth Week with a spring cleanup of the Lower Cascades Creek Trail. We provide bags and gloves and ask you to keep your parks litter free. To sign up, contact Kim Ecenbarger at 349-3739 or ecenbark@bloomington.in.gov.

> Sunday, April 18 \*1-3 p.m. FREE \*For ages 10 yrs. and up Lower Cascades Park—Meet at the Waterfall Shelter.





## **Morning Paddle**

Let the sun warm you as we celebrate the earth and its bountiful resources around Griffy Lake. Monday, April 19 \* 6:30-7:30 a.m. \$5/in-city, \$6/non-city \* For all ages. Register by 4/15 (Code: 44005-A) **Griffy Lake—Meet at the boathouse.** 

## **Leonard Springs Tour**

Hike the 1-mile rugged loop trail at Leonard Springs Nature Park for a glimpse of natural springs, waterfalls, and spring wildflowers. Parking is limited so please register for this free tour.

Wednesday, April 21 \* 6–7:30 p.m. FREE \* For all ages. Register by 4/20 (Code: 44004-A) **Leonard Springs Nature Park** 

# **Lake Cleanup**

Paddle around Griffy Lake and help clean up one of our most precious local resources on Earth Day. Bags, boats and gloves will be provided. Boats are available on a first-come, first-served basis. To sign up, contact Kim Ecenbarger at 349-3739 or ecenbark@bloomington.in.gov.

Thursday, April 22 \* 5:30-7:30 p.m. FREE \* For all ages.

Griffy Lake—Meet at the boathouse.

## The Wildflower Foray

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Beauty abounds in Winslow Woods. The City of Bloomington Parks and Recreation invites wildflower friends to find an array of stunning, springtime blooms. To learn more about the 25th Annual Wildflower Foray, visit the Hoosier National Forest Web site at http://www.fs.fed.us/r9/hoosier.

Saturday, April 24 \* 1–3 p.m. FREE \* For all ages. Winslow Woods



# Language

#### **Intermediate Spanish**

Cost: FREE
Days: Wednesdays
Time: 1–2:30 p.m.
Ages: 18 yrs. and up
Location: Rhino's Youth Center,

331 S. Walnut St.

**Advanced Spanish** 

Cost: FREE
Days: Mondays
Time: 10–11 a.m.
Ages: 18 yrs. and up
Location: Rhino's Youth Center,

331 S. Walnut St.

Cost: FREE
Day: Tuesdays
Time: 1:30–2:30 p.m.
Ages: 18 yrs. and up

Location: Twin Lakes Recreation Center

# Arts & Crafts

#### Lap Quilting

Cost: FREE
Day: Tuesdays
Time: 9:30–11:30 a.m.
Ages: 18 yrs. and up

**Location:** Twin Lakes Recreation Center, Program Room

# Sponsor/Partner Programs

#### **Legal Counseling**

Counseling provided by Attorney Tom Bunger.

Cost: FREE

Day: First Monday of each month

**Time:** 3–4 p.m. **Ages:** 18 yrs. and up

**Location:** Twin Lakes Recreation Center, Common Room

#### **Hearing Screenings**

See page 31.

For more information about Spanish programs, contact

Bev Johnson at 349-3773.

# Cards & Games

FREE ongoing adult programs at the Twin Lakes Recreation Center. For ages 18 yrs. and up.

Participation in all these drop-in programs is free, and registration is not required.

#### **Bingo**

**Days:** Mondays at 1 p.m.

Wednesdays at 1:30 p.m.

**Location:** Program Room

#### Bunco

Day: Mondays
Time: 2–3 p.m.
Location: Common Room

#### **Cards and Games**

Day:Monday–FridayTime:8 a.m.–3 p.m.Location:Common Room

**Drop-in Bridge** 

Day: Mondays and Wednesdays
Time: 10:30 a.m.–Noon
Location: Common Room

#### **Euchre**

**Day:** Mondays, Wednesdays, and Fridays

Time: 10:30 a.m.–3 p.m. Location: Common Room

#### **Bridge Club**

**Day:** Wednesdays and second and fourth Tuesdays

Time: 10:30 a.m.-3 p.m. Location: Program Room

#### **Ping Pong**

Day: Call to schedule

Time: TBD

**Location:** Fitness Room



Participants enjoy Breakfast Bash at the Twin Lakes Recreation Center.

# Music & Dance

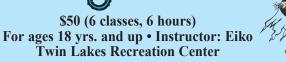


#### **International Folk Dance**

**Day:** Wednesdays **Time:** 1:30–3 p.m.

Location: Twin Lakes Recreation Center, Fitness Room

# Belly Dance



#### **Belly Dance Basics**

Discover the beauty of belly dance! Designed to teach new students the basics of belly dance movement, the class includes warm-up exercises, posture work, basic hand and arm movements, footwork, shimmies, and discussions about belly dance and Middle Eastern music. No previous dance experience is necessary.

Code	Day(s)	Date(s)	Time	Register by
45001-A	Tue.	1/12-2/16	6:30-7:30 p.m.	1/11
45001-B	Tue.	2/23-4/6*	6:30–7:30 p.m.	2/22
45001-C	Tue.	4/13-5/18	6:30–7:30 p.m.	4/12

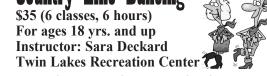
#### **Belly Dance Work Out**

Fun and exciting, belly dance is a great addition to your workout. Become energized with shimmy drills, undulations, combinations, and traveling steps while building core strength and balance. Popular and upbeat Arabic music keeps this class moving!

Code	Day(s)	Date(s)	Time	Register by
45002-A	Tue.	1/12-2/16	7:30-8:30 p.m.	1/11
45002-B	Tue.	2/23-4/6*	7:30–8:30 p.m.	2/22
45002-C	Tue.	4/13-5/18	7:30–8:30 p.m.	4/12

\*Class does not meet 3/16.

# Country Line Dancing



#### Country Line Dancing—Beginning

Not only is line dancing fun, it can help you burn fat, increase energy, and feel great! Learn the boot scoot boogie, electric slide, and many other line dances during this one-hour weekly session. A great way to be active! No previous experience necessary.

Code	Day(s)	Date(s)	Time	Register by
45005-A	Wed.	1/20-2/24	7:15-8:15 p.m.	1/19
45005-B	Wed.	3/3-4/14*	7:15–8:15 p.m.	3/2

#### **Country Line Dancing—Intermediate**

Anyone who already has knowledge of line dancing may take part in this fast-paced line dancing class. The class will review some of the basic steps which will then lead to the more advanced movements of line dancing.

C	ode	Day(s)	Date(s)	Time	Register by
45	5006-A	Wed.	1/20-2/24	8:15–9 p.m.	1/19
45	ode 5006-A 5006-B	Wed.	3/3-4/14*	8:15–9 p.m.	3/2

\*Class does not meet 3/17.

# Zumba Classes

Zumba (Spanish slang for "to move fast and have fun") Fitness was created in the mid-'90s by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for international pop superstars. Rock to Latin rhythms with red-hot international and inspirational dance steps! People of all ages are falling in love with its infectious music, easy-to-follow dance moves, and body-toning benefits.

#### Twin Lakes Recreation Center • For ages 18 yrs. and up Instructors: Kimberly Storvik and Kelsie Ackman

#### Zumba 45

Code	Day(s)	Date(s)	Time	Register by
45012-A	Mon.	1/4-2/22	6:15–7 p.m.	1/3
45012-B	Mon., Wed.	1/4-1/27	5:30–6:15 p.m.	1/3
45012-C	Mon., Wed.	2/1-2/24	5:30–6:15 p.m.	1/29
45012-D	Mon., Wed.	3/1-3/31*	5:30–6:15 p.m.	2/26
45012-E	Mon., Wed.	4/5-4/28	5:30–6:15 p.m.	4/2

Cost: \$40 (8 45-minute classes)
Ages: 18 yrs. and up
Location: Twin Lakes Recreation Center

ZUMBA

#### Zumba 60

Code	Day(s)	Date(s)	Time	Register by
45013-A	Wed.	1/6-2/24	6:15–7:15 p.m.	1/5
45013-B	Thur.	1/14-3/4	6:30–7:30 p.m.	1/13
45013-C	Sat.	1/16-3/6	11 a.m.–Noon	1/15
45013-D	Wed.	3/3-4/28*	6:15-7:15 p.m.	3/2
45013-E	Thur.	3/11-5/6*	6:30–7:30 p.m.	3/10
45013-F	Sat.	3/27-5/15	11 a.m.–Noon	3/26

Cost: \$45 (8 60-minute classes)

Ages: 18 yrs. and up

Location: Twin Lakes Recreation Center

\*Class does not meet 3/15, 3/17, or 3/18.



#### Jazzercise

Jazzercise is the original dance fitness, total-body conditioning program that combines the art of jazz dance and the beat of popular music. This class features a proven combination of aerobic exercise and strength training with weights and resistance tubes. In addition to feeling great, you'll see your cardiovascular endurance, strength, and flexibility increase. Registration is always open. Try a class for \$5. For more information call Kris Heeter at 876-2158. Class length is 60 minutes.

Days:
Cost:
Tuesdays and Thursdays at 5:45 p.m., Saturdays at 9 a.m.
\$10/day, \$29/month (auto debit only), \$75/two months,
\$110/three months. Discounts for IU and Ivy Tech
students and seniors 65 yrs. and up. Passes may be
used at another Bloomington Jazzercise location.
Registration is always open, so you can join at any
time! A one-time \$35 joining fee is charged to new

Ages: 18 yrs. and up

participants.

**Location:** Fairview United Methodist Church, 600 W. Sixth St.

# **Healthy Living**



#### **Fitness Assessments**

Assessments are common and appropriate practices in preventative and rehabilitative exercise programs. A fitness assessment educates and motivates participants, and provides baseline and follow-up data for evaluation of progress. To schedule an appointment, contact Lindsay Buuck at 349-3771 or buuckl@bloomington.in.gov.

**Cost:** Resting heart rate and blood pressure: *FREE for* 

Twin Lakes Recreation Center members

Body composition: \$10 Muscular endurance: \$5 Cardiovascular endurance: \$10

Flexibility: \$5
Full assessment: \$40
Mondays–Fridays
By appointment

**Location:** Twin Lakes Recreation Center

#### **Silver Sneakers**

Days: Time:

The Silver Sneakers program is the nation's leading exercise program designed exclusively for older adults. The program offers physical activity, health education, and social events for Medicare-eligible and Group Retiree members. Inquire at the Twin Lakes Recreation Center front desk for a list of participating insurance carriers or to sign up.

Day(s)	Time	Room	Description
Mon., Wed.	9:30-10:30 a.m.	Court 3	Muscle Strength &
			Range of Movement
Tue., Thur.	10:30-11:30 a.m.	Court 3	Muscle Strength &
			Range of Movement
Mon., Wed.	1030–1130 a.m.	Fitness	YogaStretch
		Room	
Tue., Thur.	9:30–10:30 a.m.	Court 3	Cardio Circuit
Ages:	50 yrs. and up	The	ilverSneakers <sup>*</sup>
Location:	Twin Lakes Recreati	on Center	Fitness Program

#### **Massage**

Choose from Swedish, Deep Tissue, or Sports massage types. Massage can help to alleviate low-back pain and improve range of motion, assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays, enhance immunity, improve the condition of the skin, increase joint flexibility, lessen depression and anxiety, improve circulation, relax and soften injured, tired, and overused muscles, and relieve migraine pain. To schedule your appointment, call 349-3720.

**Cost:** \$30/30 minutes, \$60/60 minutes

**Days:** Mon.–Fri. 5:30 p.m.–9 p.m.

**Location:** Twin Lakes Recreation Center

**Instructor:** Ben Carter, CMT

#### **Hearing Screenings**

Hoosier Hearing Solutions provides free hearing screenings every month.

Hoosier Hearing

<del>SOLUTIONS</del>

**Cost:** FREE

**Days:** 1/11, 2/8, 3/8, and 4/12.

**Time:** 10–11 a.m.

**Location:** Twin Lakes Recreation Center

**Instructor:** Jennifer Rogers, Hoosier Hearing Solutions

# **Sports and Fitness**



#### **Personal Training**

Your personal trainer designs a fitness and weight management program that's individualized for your age, body, lifestyle, and goals. A personal trainer works with you to monitor your progress and make adjustments to ensure that you reach your goals.

You must be a Twin Lakes Recreation Center member to sign up for personal training. All sessions must be used within six months of purchase. All training sessions are non-transferable and nonrefundable. To set up an initial consultation, or for more information about personal training, contact Lindsay Buuck at 349-3771 or buuckl@bloomington.in.gov.

#### SINGLE—One-on-one personal training session

3 one-hour sessions	\$125
5 one-hour sessions	\$200
10 one-hour sessions	\$375
15 one-hour sessions	\$490
20 one-hour sessions	\$600
25 one-hour sessions	\$725

**BUDDY (2)—***You and a friend* 5 one-hour sessions \$300

GROUP (3–5)—Get a group of 3-5 people together to join in this interactive type of personal training

5 one-hour sessions \$475

#### **Private Boot Camp**

Work hard, challenge yourself, and achieve your fitness goals. Boot Camp is a high energy, drill-based, interval program. Private Boot Camp classes are by appointment only. Please contact the Twin Lakes Recreation Center at 349-3720 for more information or to set up sessions. Private Boot Camp classes can include up to five participants and are non-transferable.

5 sessions \$100/person 10 sessions \$160/person 15 sessions \$220/person

**Location:** Twin Lakes Recreation Center

Other: Pat Lohman, NSCA Certified Personal Trainer

#### Group Exercise Punch Pass at the Twin Lakes Recreation Center

If your schedule varies or you would like to try a class, the group exercise punch pass lets you attend a variety of classes on below schedule only. For more information call 349-3720.

1 class—\$6, 6 classes—\$30, 12 classes —\$50

Ages: 18 yrs. and up

#### **PUNCH PASS SCHEDULE:**

Mondays NIA Movement 7–8 p.m.

Kickboxing 8–9 p.m.

Boot Camp 6–7 a.m. Tuesdays

Stroller March 10-11 a.m. Fit Shop 5:30-6:30 p.m.

Belly Dance Work Out 7:30-8:30 p.m.

Boot Camp 9-10 a.m. Wednesday

Zumba 6:15–7:15 p.m.

Country Line Dancing Beginning 7:15–8:15 p.m. Country Line Dancing Intermediate 8:15–9 p.m.

Kickboxing 8–9 p.m.

Boot Camp 6–7 a.m. Thursdays

Stroller March 10-11 a.m. FitShop 5:30-6:30 p.m.

Saturdays Zumba 11 a.m.-Noon

#### **PUNCH PASS GUIDELINES:**

- Passes are issued any time throughout the program guide season, —one pass per program guide season (Jan.–April, May–Aug., and Sept.-Dec.)
- All group exercise punch pass users must sign in before entering class. The instructor must punch your pass prior to the start of or immediately after class.
- In order to run a safe class and to reduce the chance of injury, you may be asked to try a different class if space is limited. Be sure to check space availability.
- No credits, refunds, or transfers on punch passes.

#### Fitshop

Achieve total fitness through cross training techniques! Tone and sculpt your body through the use of free weights and resistance bands while also improving cardiovascular health through a variety of aerobic exercises.

Code	Day(s)	Date(s)	Time	Register by
45010-A	Tue., Thur.	1/5-2/11	5:30-6:30 p.m.	1/4
45010-B	Tue., Thur.	2/16-4/1*	5:30–6:30 p.m.	2/15
45010-C	Tue Thur	4/6-5/13	5·30–6·30 n m	4/5

\$45 (12 classes) Cost: 18 yrs. and up Ages:

**Location:** Twin Lakes Recreation Center

**Instructor:** Amanda Dubinski

Other: \*Class does not meet 3/16 or 3/18.

#### **NIA Movement Program**

NIA (Neuromuscular Integrative Action) is a movement program that combines selected movements and concepts from dance and martial arts, gives cardio and whole-body conditioning, and is adaptable to any fitness level. NIA is done to music barefoot or in soft shoes.

Code	Day(s)	Date(s)	Time	Register by
45009-A	Mon.	1/11–2/15	7–8 p.m.	1/8
45009-B	Mon.	2/22-4/5*	7–8 p.m.	2/19

\$40 (6 classes, 6 hours) Cost: Ages: 18 yrs. and up

**Location:** Twin Lakes Recreation Center,

Aerobics Room

**Instructor:** Kay Johnson

Other: \*Class does not meet 3/15.

#### **Boot Camp**

Work hard, challenge yourself, achieve your fitness goals, and have fun! Boot camp is a high-energy, drill-based, interval program for all fitness levels.

Code	Day(s)	Date(s)	Time	Register by
45003-A	Tue., Thur.	1/12-2/18	6–7 a.m.	1/11
45003-B	Wed.	1/20-3/31*	9–10 a.m.	1/19
45003-C	Tue., Thur.	2/23-4/8*	6–7 a.m.	2/22

Cost: 45003-A and 45003-C: \$75 (12 classes)

45003-B: \$50 (10 classes)

Boot Camp 18 yrs. and up Ages: Twin Lakes Recreation Center, Turf field **Location:** 

**Instructor:** Aaron Biggs

\*Class does not meet 3/16, 3/17, and 3/18. Other:

#### Introduction to Group Exercise

New to group exercise? Try this introductory class and learn how it all works. Our instructor will teach class formatting, musicality, proper warm up and cool down, and different styles of group exercise to help you decide which one is for you!

Code	Day(s)	Date(s)	Time	Register by
45007-A	Thur.	1/14-2/18	7:30-8:15 p.m.	1/13
45007-B	Thur.	3/25-4/29	7:30–8:15 p.m.	3/24

Cost: \$30 (6 classes) 18 yrs. and up Ages:

Location: Twin Lakes Recreation Center

> FREE ongoing adult programs at the Twin Lakes Recreation Center. For ages 18 yrs. and up.

Participation in all these drop-in programs is free, and registration is not required.

#### Aerobic Exercise

Cost: FREE

Davs: Tuesdays and Fridays

2-2:45 p.m. Time:

**Location:** Twin Lakes Recreation Center, Fitness Room

#### **Senior Volleyball**

**FREE** Cost:

Days: Monday–Friday Time: 9:30-11:30 a.m.

Twin Lakes Recreation Center, Court



#### **Kickboxing**

This class will make you sweat! Try out non-contact cardio kickboxing and learn basic punching and kicking techniques and combinations for a total body workout.

Code	Day(s)	Date(s)	Time	Register by
45008-A	Mon., Wed.	1/18-2/24	8–9 p.m.	1/15
45008-B	Mon., Wed.	3/1-4/14*	8–9 p.m.	2/26

**Cost:** \$45 (12 classes) **Ages:** 18 yrs. and up

**Location:** Twin Lakes Recreation Center **Other:** \*Class does not meet 3/15 and 3/17.

#### **Stroller March**

Attention parents and sitters! Bring your babies and their strollers to this class to help with your fitness goals. Our instructor and our ½-mile indoor track keep you moving while your kiddos go for a ride!

 Code
 Day(s)
 Date(s)
 Time
 Register by

 45011-A
 Tue., Thur.
 1/19-2/25
 10-11 a.m.
 1/18

 45011-B
 Tue., Thur.
 3/2-4/15\*
 10-11 a.m.
 3/1

**Cost:** \$35 (12 classes) **Ages:** 16 yrs. and up

**Location:** Twin Lakes Recreation Center

**Instructor:** Sarah Ramusack

Other: \*Class does not meet 3/16 and 3/18.

#### **Bridal Boot Camp**

Calling all brides-to-be! Achieve your fitness goals before your big day. This class is high-energy, drill-based, and fun.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 45004-A
 Sat.
 1/30-5/1\*
 9-10 a.m.
 1/29

Cost: \$75 (12 classes)
Ages: 18 yrs. and up

Boot Camp

**Location:** Twin Lakes Recreation Center, Turf field **Other:** \*Class does not meet 3/13 and 3/20.

**Instructor:** Erik Singer

#### Flag Football

Teams play a coed eight-game schedule followed by a single-elimination playoff in this 5-on-5 non-contact league. T-shirts are awarded to the first and second place teams in league. A \$50 cash refund is awarded to the tournament champion and issued to the team manager. Rosters may include an unlimited number of players but all names must be submitted prior to the start of the league.

Day(s)Date(s)TimeRegister bySun.1/10–3/14Announced after registration1/4

Cost: \$450/team Ages: 18 yrs. and up

**Location:** Twin Lakes Recreation Center

#### **Volleyball—Competitive Coed**

Team play a six-match, self-officiated schedule in this 4-on-4 league. Each match consists of three games. Rosters may include an unlimited number of players, but all player names must be submitted prior to the start of the league. Each team must have at least one player of each gender on the court during play. Include the team captain's name and contact information when registering. Team fees and tentative rosters are due prior to registration deadline.

Day(s)Date(s)TimeRegister bySessionSun.1/10-2/14Announced after registration1/4WinterSun.2/28-4/11\*Announced after registration2/22Spring

Cost: \$80/team
Ages: 18 yrs. and up

Location: Twin Lakes Recreation Center
Other: \*No games Tuesday, 3/16.

#### Volleyball—Recreational Coed

Each team will play a six-match schedule in this 6-on-6 league. Each match consists of three games. Rosters may include an unlimited number of players but all player names must be submitted prior to the start of the league. Each team must have at least two players of each gender on the court during play. Matches are self-officiated. Please include the team captain's name and contact information when registering. Team fees and tentative rosters are due prior to registration deadline. Game times announced after registration.

 Day(s)
 Date(s)
 Time
 Register by
 Session

 Tue.
 1/12-2/16
 TBD
 1/4
 Winter II

 Tue.
 3/2-4/13\*
 TBD
 2/22
 Spring

Cost: \$120/team or \$20/player if registering as an individual

for a house team. 18 yrs. and up

Ages:

**Location:** Twin Lakes Recreation Center **Other:** \*No games Tuesday, 3/16.

# Adult Basketball—Competitive and Recreational

The adult basketball league consists of a regular 10-game season plus a single-elimination tournament. T-shirts are awarded to the first and second place teams in the league. A \$50 cash refund is awarded to the tournament champion and will be issued to the team manager. The division of the league into multiple ability levels is determined based on the number of teams registered. Please indicate league placement (recreational or competitive) when registering. House teams may be developed from individual registrations.

Day(s)Date(s)TimeRegister bySun., Thur.1/17–4/18TBD1/11

**Cost:** \$600/team or \$65/player if registering as an individual

for a house team.

Ages: 18 yrs. and up

**Location:** Twin Lakes Recreation Center

#### **Adult Tennis Lessons**

Mondays and Wednesdays, May 3-26.

CodeTimeRegister byLevel47001-A6-7 p.m.4/29Beginner47001-B7-8 p.m.4/29Intermediate

Cost: \$44/in-city, \$52/non-city (8 classes)

Ages: 18 yrs. and up

**Location:** Winslow Sports Complex

#### **Private Tennis Lessons**

If group lessons are not your style or if you like more personalized attention, private lessons are available from our group instructors. Times are flexible. Call 349-3762 for more information.

#### Play Tennis throughout the City

Public play at Winslow Sports Complex, Bryan Park, Southeast Park, Park Ridge East, Sherwood Oaks, Thomson Park, and Bloomington High Schools North and South is permitted whenever courts are not being used by City of Bloomington Parks and Recreation. Available hours are posted at each site.

## Sports Hotline: 349-3610

for general information or weather-related cancellations

# Spring and Summer Adult Softball Leagues



#### New for 2009! Women's Fastpitch Softball League

Teams may sign up for this league just as they do for the regular league. The league plays on Mondays and Fridays.

This league is designed for competitive through beginning levels of play and is sanctioned by the Amateur Softball Association. All ASA rules apply with the exception of house rules as indicated in the manager's packet. Team Registration will be held March 1–26 at the Parks and Recreation office. Managers must pick up an information packet during this time. The season begins the week of 4/12 and continues through July. For more information or for tips on creating your own team visit www.bloomington.in.gov/parks.

Cost for adult league: \$900 for 15-game season (\$900 divided by 12 players is only \$75/player)

Cost for co-recreational league: \$675 for 10-game season (\$675 divided by 12 players is only \$56.25/player)

You can pay your team fee in full or your team fee can be paid in two installments.

Installment 1: Due 3/26 or as early as 3/1. \$450 for adult teams and \$337.50 for co-recreational teams.

Installment 2: Due week of 4/5 (schedule release week) \$450 for adult teams and \$337.50 for co-recreational teams.

#### League descriptions levels of play:

Highly Competitive: Men's and Women's Competitive A **Competitive:** Men's Competitive B and C, Women's Competitive B, Women's Fastpitch B

Advanced Recreational: Men's Recreational B, Co-Recreational B,

Women's Fastpitch C

Mid-level Recreational: Women's Recreational C & Men's Recreational C, Co-Recreational C

**Recreational:** Men's Recreational D, Co-Recreational D **Beginners:** Men's Recreational E, Co-Recreational E

#### League game nights:

Mondays & Fridays: Men's Competitive C, Men's Recreational B,

Men's Recreational E and Women's Fastpitch

Tuesdays & Fridays: Men's Recreational D,

Women's A & Women's B

Wednesdays & Fridays: Men's Competitive A, Men's Recreational A and Men's Recreational C.

Thursdays & Fridays: Men's Competitive D and Women's C

Saturdays: All Co-Recreational Leagues

# SCADES GOLF COURSE City of Bloomington Parks & Recreation

3550 N. Kinser Pk.,

Bloomington, IN • (812) 349-3764

Visit our Web site to reserve a tee time!

#### **Discover Cascades!**

Cascades Golf Course consists of three nine-hole courses, which can be combined to create three separate 18-hole configurations The course rests on 200 acres of beautiful rolling hills with native trees and natural topography. Named for the natural cascading waterfalls located throughout the golf course property, several waterfalls can be heard, and with a brief walk off the perimeter of several holes, can be seen from the course.

Cascades offers amenities to meet the needs of any golfer. Leagues are offered for all ages, and the Clubhouse houses locker rooms, a concession stand and a banquet/conference facility. Individual or group lessons may be scheduled with our on-site golf pro by calling 349-3764.

## **Beginner's Golf Clinic**

Learn one of America's great sports at our two-hour beginner's clinic! Our qualified instructors teach basics of the grip, swing, and stance. We also cover putting, rules, and love of the game!

**Dates:** Saturdays, April 17 and 24 11:30 a.m.-12:30 p.m. Time: \$20/in-city, \$25/non-city Cost: **Register by:** 4/12 (Code 43501-A) Ages: 18 yrs. and up

## **Junior Golf Clinic**

Give your youngsters the background they need to enjoy the game of golf all their lives! Our two-hour junior golf clinics introduce the fundamentals, plus some of the rules and terms.

**Dates:** Saturdays, April 17 and 24

Time: 10-11 a.m.

**Cost:** \$20/in-city, \$25/non-city **Register by:** 4/12 (Code 43502-A)

Ages: 8–17 yrs.

## **Hook A Kid on Golf**

See page 23.

# **Golf Outings**

We provide a course that is fun, fair and fast to play. Our trained staff is

available to assist in planning, organization and implementation to ensure a successful and enjoyable outing experience. We have many packages available. For best available dates, book early. Call 349-3764 and ask for Jason Calhoun or Todd Fleener.



### **Cascades Golf** Course **2010 RATES**

#### **Season Passes**

#### (in-city/non-city)

Junior \$190/\$220 Adult \$455/\$485 Senior \$395/\$420 Family \$655/\$775

Season passes are good for one year from date of purchase!

18 Holes Weekday \$20 **18 Holes Weekend** \$22 **9 Holes** (Mon.–Thurs.) \$13

League Play \$13 Twilight \$15

**Student Rate\*** \$15

\*Valid student ID required. (Mon.–Thur. only)

#### **10-Play Pass** \$153 Family Day\* \$13

\*Adult w/child. Children 15 yrs. and under golf free. (Sun. after 3 p.m.)

> 9-Hole Cart \$7 **18-Hole Cart** \$13 Range Balls \$5

#### Hours:

Dawn to dusk

#### Staff:

Jason Calhoun Golf Facilities Manager

**Todd Fleener Program Coordinator** 

# **Accessibility:**

Designated parking spaces in lot. Restrooms and main entrance all accessible.



of Bloomington

#### People's University makes learning fun!

Encouraging lifelong learning in a relaxed environment, People's University offers affordable courses in a variety of subject areas for adults 18 yrs. and up. We bring together businesses, teachers, and other community members with knowledge and skills to share with those who would like to learn.

Bloomington Parks and Recreation and the other members of the Bloomington Lifelong Learning Coalition are helping Bloomington become a "Learning City" that uses its resources to enrich its human potential. Take time this season to learn something new—just for you!

#### **Opportunities for Instructors**

We can assist you in the planning of your course and enjoy facilitating the sharing of knowledge and skills through the auspices of People's University. For information on how to propose a class, use the contact information below.

#### Early Bird Special!

At People's University we don't ask whether the class is half empty or half full, we ask how many are on the wait list. Register early and assure yourself a place in the course of your choice. The first student enrolled in each course will receive a free People's University tote bag at the first class meeting. They're great for carrying class supplies!

#### **Legal Notice**

People's University instructors often teach subject matter that relates to businesses or professional services that the instructors offer independently from Parks and Recreation programming. The City of Bloomington cannot and does not endorse any outside business, professional service, or other affiliation of its instructors. Legal, health/medical, or other professional information presented in People's University courses is intended for general information purposes only and may not be applicable to particular persons or situations. Course participants should not rely on such information as a substitute for individual counseling or professional advice.

#### Refund and Substitution Policies

See page 3.

For more information call H. Michael Simmons at 349-3737 or e-mail PUB@bloomington.in.gov.



PROUD MEMBER OF THE BLOOMINGTON LIFELONG LEARNING COALITION

Visit us on Facebook at People's University of Bloomington.

#### John Waldron Arts Center Classes

The Parks and Recreation Department hosts a variety of two- and three-dimensional art classes offered by the Bloomington Area Arts Council's John Waldron Arts Center. Students of all ages are welcome. For a detailed class catalog and registration information, call the John Waldron Arts Center at 334-3100, Ext. 105.

Winter Session: January 11–March 14 (9 weeks) Spring Session: March 29–May 23 (8 weeks)

## Writing, Language & Literature

#### The Art of Screenwriting: An Overview for Beginners

The course provides a technical and conceptual overview of how to get started in screenwriting. Incorporating exercises and lessons on how to write the one-page treatment, constructing the beat sheet, the screenplay format/structure, character exposition, and resources for the screenwriter, the class also provides students with a chance to have their own work read and critiqued by the class.

**Register by** Code Day(s) Date(s) Time 47604-A Thur. 1/21-2/25 7-9 p.m. 1/14

Cost: \$25/in-city, \$31/non-city (6 classes, 12 hours)

18 yrs. and up Ages:

**Location:** City Hall, Kelly Conference Room, #155

**Instructor:** Joseph M. Rayl

#### **Write Time**

If you wonder whether or not you have a story to tell or if you would just like to get your story on paper, join a New York Times bestselling author for some magical winter evenings of writing and sharing. Beginning with in-class timed writing practice to warm up, the class includes discussion of the writer's voice, the power of the simple story, and seeing with the writer's eye.

Code Day(s) Date(s) Register by 47602-A Thur. 1/21-2/18 6:30-8 p.m. 1/15

Cost: \$37/in-city, \$46/non-city (5 classes, 7½ hours)

Ages: 18 yrs. and up

**Location:** Old National Bank, 2718 E. Third St.

**Instructor:** Susan Chernack McElroy

#### **Creative Writing: Steering The Craft**

Good creative writing requires both art and skill. The instructor guides students on a five-week journey into the craft of creative writing. Participants practice the key elements of the craft until they become automatic, after which students may free themselves to write what they want and write it well.

Code Date(s) Dav(s) Register by Time 1/25-2/22 47603-A Mon. 6:30-8 p.m. 1/20

\$37/in-city, \$46/non-city (5 classes, 7½ hours) Cost:

Ages: 18 yrs. and up

**Location:** Project School, 349 S. Walnut St. **Instructor:** Susan Chernack McElroy

The the textbook for the class, Ursula Le Guin's Other:

Steering the Craft, is available for purchase in class for \$15, or students may purchase it online before the class.

### Citizen Scientist Certification [2]



Parks and Recreation offers a unique opportunity for community members ages 14 yrs. and up: Citizen Scientist certification. To receive this certificate, participants have one year to attend two scheduled programs indicating a Citizen Scientist opportunity, and to volunteer at least 10 hours monitoring or maintaining the city's natural areas. For more information or to receive a list of upcoming workshops and Citizen Scientist opportunities, call 349-3759.

## Writing, Language & Literature

#### **Ex Libris**

Bloomington Parks and Recreation and Barnes and Noble Booksellers invite the interested reader to participate in an exciting novel discussion group and explore the best of new fiction.

Take part in a moderated discussion in the company of lovers of good books. Ex Libris meets on the fourth Wednesday of each month. All selections are paperbacks unless otherwise indicated. For more information, call H. Michael Simmons at 349-3737.

Code Date(s) Description

47601-A 1/27 *The Little Stranger* by Sarah Waters (hardback)
47601-B 2/24 One Book, One Bloomington & Beyond Selection
47601-C 3/24 *The Elegance of the Hedgehog* by Muriel Barbery

47601-D 4/28 *Netherland* by Joseph O'Neill 47601-E 5/26 *Oryx and Crake* by Margaret Atwood

Time: 6:30–7:30 p.m.

Cost: FREE

BARNES & NOBLE

BOOKSELLERS

Ages: 18 yrs. and up

Location: Barnes and Noble Booksellers, 2813 E. Third St.Instructor: H. Michael Simmons, Parks and RecreationOther: Co-sponsored by Barnes and Noble Booksellers.

## Improved Communication through Public Speaking

Public speaking is a useful skill. **Participants learn to communicate more effectively through public speaking.** The class allows participants to practice speaking to a small group, practice organizing ideas and preparing remarks, and practice using tools and techniques to keep the audience engaged.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47605-A
 Tue., Thur.
 3/9–3/11
 6:30–8:30 p.m.
 3/3

Cost: \$8/in-city, \$10/non-city (2 classes, 4 hours)

Ages: 18 yrs. and up

**Location:** City Hall, Hooker Conference Room, #245

**Instructor:** Jean Joque, Training Manager, City of Bloomington

### **Beginning Spanish for Healthcare Providers**

The class introduces the student to basic conversational Spanish with an emphasis on communicating in a healthcare setting. Students learn how to make Spanish-speaking patients feel comfortable while communicating about medical histories, symptoms, medications, and allergies. Students also learn



how to provide instructions for filling out paperwork and have the opportunity to practice with native speakers of Spanish.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47606-A
 Tue.
 3/23-5/11
 6:30-8 p.m.
 3/17

Cost: \$43/in-city, \$53/non-city (8 classes, 12 hours)

Textbooks are available in class at the discounted

price of \$20.

Ages: 18 yrs. and up

**Location:** Bloomington High School South,

1965 S. Walnut St., #A102

**Instructor:** Marines Fornerino

## Home, Garden & Beyond

## The Art of the Garden: The Gardens of Paris and Versailles



The class includes a slideshow of gardens in and around Paris and features an exploration of the interplay of art, landscaping, and edible plantings in these gardens. Among the gardens featured is the *Potager du Roi* ("King's Kitchen Garden") at Versailles. In addition to discussing the historical background and overall design of this garden, the instructor will pay particular attention to the art of espalier demonstrated there with apple trees.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47610-A
 Tue.
 1/26–2/2
 6–8 p.m.
 1/20

Cost: \$18/in-city, \$22/non-city (2 classes, 4 hours)

Ages: 18 yrs. and up

**Location:** City Hall, Hooker Conference Room, #245 **Instructor:** Jami Scholl, certified permaculture designer

Other: Co-sponsored by Bloomingfoods.



#### **Interior Plants**

Learn how to care properly for your houseplants, including where to put them, how to water and fertilize correctly, and how to recognize and treat disease and pest problems without using harmful chemicals.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47611-A
 Wed.
 1/27
 6:30-8:30 p.m.
 1/21

Cost: \$9/in-city, \$10/non-city

Ages: 18 yrs. and up

Location: Bloomington High School South, 1965 S Walnut St.,

#A127

**Instructor:** Maria D. Peraza, horticulturist **Other:** Co-sponsored by Bloomingfoods.



### **Starting a Specialty Food Business**

See page 44.

#### **Seed Starting**

Learn germination tips and explore seed-starting calendars and timelines. The class covers basic seed anatomy and function as well as provides guidelines for successfully starting seeds indoors. Be ready to transplant your seedlings by the frost-free date!

Code Day(s) Date(s) Time Register by 47612-A Thur. 2/4 6:30–8:30 p.m. 1/28

Cost: \$8/in-city, \$10/non-city
Ages: 18 yrs. and up

**Location:** Banneker Community Center, Kitchen

**Instructor:** Marcia Pluta-Figueiredo

Other: Co-sponsored by Bloomingfoods. Free childcare

available for children ages 8-12 yrs.

### ildcare

#### From Seeds to Fruit

Learn how flowers are pollinated, how seeds are formed, the different types of fruits seeds come in, and the techniques nature uses to prevent seeds from germinating at the wrong time of year, along with seed starting techniques for the home gardener.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47614-A
 Sat.
 2/20
 10-11:30 am.
 2/15

Cost: \$7/in-city, \$8/non-city

Ages: 18 yrs. and up

Location: Hinkle-Garton Farmstead Historic Site, 2920 E. 10th St.

**Instructor:** Bruce Behan

Other: Co-sponsored by Bloomingfoods.





Haunted by problems in your garden? Get some help from a friendly G.O.S.T. (Grow Organic Special Topic). Designed to help you improve your organic gardening skills in specific areas. these classes are open to everyone and require no previous gardening education or experience. Take one or take them all. The haunt is over—get gardening with G.O.S.T.

Instructor: H. Michael Simmons, Advanced Master Gardener

#### The Perfumed Garden: Growing Roses Successfully

A rose by any other name might be less intimidating to grow, but nothing smells as sweet as a rose grown in your home garden. Learn how to select, plant, fertilize, train, and protect the garden rose. The class covers all types of roses, but emphasizes fragrant, easy-togrow roses appropriate for organic growing in our area. Information

Code Day(s) Register by Date(s) Time 47613-A Tue. 2/16-2/23 6:30-8:30 p.m. 2/10

\$18/in-city, \$21/non-city (2 classes, 4 hours) Cost:

Project School, 349 S. Walnut St. Location:

on reliable sources provided.

#### Garden Ecology: Understanding the Life in the Soil

Gardens are ecosystems which rely upon complex interactions in order to function properly. The class introduces students to the soil food web and how it functions to maintain the fertility of the soil. Topics covered include seasonal organic soil management, proper use of compost and compost tea, how mulch affects the soil, and altering soil to favor fungal or bacterial dominance in order to enhance the

Date(s) Code Day(s) Register by Time 47618-A Tue. 3/2 6:30-8:30 p.m. 2/24

\$10/in-city, \$12/non-city Cost:

growth of different plants.

City Hall, Hooker Conference Room, #245 Location:

#### Trees in the Home Landscape

Carefully selected tree species, planted in the right places and maintained correctly, can increase property value significantly. More importantly, such trees can reduce energy consumption through shading and wind protection, provide seasonal interest with colorful flowers, fruit, leaves, and bark, and create wildlife habitats. Learn how to plant the right tree in the right place and how to fertilize, mulch, and prune correctly.

Code Day(s) Date(s) Time Register by 47621-A Tue. 3/23 6:30-8:30 p.m. 3/17

\$10/in-city, \$12/non-city Cost:

City Hall, Hooker Conference Room, #245

#### **Actively Aerated Compost Tea:** Making and Using

This isn't your grandmother's compost tea. Learn how to brew actively aerated compost tea, how to customize it for different applications, and how to use it effectively in the garden. The class includes detailed instructions on how to make a compost tea brewing system from inexpensive materials.

Register by Code Day(s) Date(s) Time 47623-A Tue. 3/30 6:30-8:30 p.m. 3/24

Cost: \$10/in-city, \$12/non-city **Location:** Project School, 349 S. Walnut St.

#### Plant Propagation I & II

Learn how to multiply your plants! In the first class meeting, participants learn how to propagate plants by seeds and by leaf and stem cuttings. The second class meeting focuses on perennial divisions. Time Code Date(s) Register by

Day(s) 47616-A Wed. 2/24-3/3 6:30-8:30 p.m. 2/18

**Cost:** \$14/in-city, \$16/non-city (2 classes, 4 hours)

18 yrs. and up Ages:

For ages

C

Project School, 349 S. Walnut St. Location: **Instructor:** Maria D. Peraza, horticulturist Other: Co-sponsored by Bloomingfoods.

#### Plan a Garden for Craft Activities

Learn which plants to select, cultivate, and harvest for a season of plant-related craft activities. The class covers dried flowers, pressed flowers, wreaths, gourds, herbal teas, and more. The class includes ideas and basic instructions for crafts and appropriate plant selection and harvesting tips.

Code Day(s) Date(s) Time Register by 47615-A Thur. 2/25 6:30-8:30 p.m. 2/18

Cost: \$7/in-city, \$9/non-city

18 yrs. and up Ages:

City Hall, Hooker Conference Room #245 Location:

**Instructor:** Marcia Pluta-Figueiredo

Other: Co-sponsored by Bloomingfoods.



#### **Edible Landscape Design**

Imagine fresh vegetables, juicy berries, and luscious tree fruits growing harmoniously in an aesthetically pleasing landscape around your home. The workshop will help you transform your home landscape into a beautiful oasis of abundant food-producing plants.

Register by Code Day(s) Date(s) Time 2/24 47617-A Mon. 3/1 6:30-8:30 p.m.

\$10/in-city, \$12/non-city Cost:

Ages: 18 yrs. and up

Banneker Community Center, Kitchen **Location:** 

**Instructor:** Rhonda Baird

Co-sponsored by Bloomingfoods. Free childcare Other:

available for children ages 8-12 yrs.

#### **Polyculture Paradise: An Introduction** to Forest Gardens



Whether you currently live in a forest or just enjoy learning about new ways to garden, this class provides the information you need to construct one of the most productive landscapes ever known, a **forest garden.** The class covers the structure of a forest and how to replicate that structure in your landscape, including discussions of light, water, buildings, and harvesting.

Day(s) Time Code Date(s) Register by 47619-A Mon. 3/8 6:30-8 p.m. 3/2

Cost: \$7/in-city, \$8/non-city 18 yrs. and up Ages:

Bloomington South High School, **Location:** 

1965 S. Walnut St., #A127

**Instructor:** Rhonda Baird

Co-sponsored by Bloomingfoods. Other:



## Home, Garden & Beyond (continued)

#### All About Raingardens

Raingardens are one of the newest innovations in ecologically sound gardening. Come learn what they are, how they work, and how to design and build your own.

Register by Code Day(s) Time 10-11:30 a.m. 47620-A Sat. 3/20 3/15

\$7/in-city, \$9/non-city **Cost:** 18 yrs. and up Ages:

Hinkle-Garton Farmstead Historic Site, 2920 E. 10th St. **Location:** 

**Instructor:** Bruce Behan

Co-sponsored by Bloomingfoods. Other:

#### **Planting and Pruning Flowering Shrubs**

Flowering shrubs enhance the home landscape and provide interest through all four seasons. Since long-lasting shrubs serve as major structural elements in any landscape design, they deserve proper care from planting through pruning. The class will provide students with the information they need to help their shrubs thrive in beauty and health. Learn when and where to plant appropriate shrubs and how and when to prune them.

Code Day(s) Time Register by Date(s) 47622-A Thur. 3/25 7-8 p.m. 3/18

**Cost:** \$6/in-city, \$7/non-city

18 yrs. and up Ages:

Project School, 349 S. Walnut St. **Location:** 

**Instructor:** Allan Paton, flowering shrub nursery owner and City of

Bloomington Community Farmers' Market vendor

Other: Co-sponsored by Bloomingfoods.

#### This Whole House

The course will acquaint participants with general seasonal maintenance and repair of plumbing, wiring, heating, air conditioning, venting, and simple building repairs. There will be time for questions from participants about their own homes and demonstrations in repair and maintenance techniques. Learn what you can do yourself and when to call a professional. Wear comfortable work clothing. Inquire at the service desk for the location of the classroom.

Code Day(s) Date(s) Time Register by 3/31-5/12 47624-A Wed. 7-9 p.m. 3/24

\$15/in-city, \$19/non-city (7 classes, 14 hours) **Cost:** 

Ages: 18 yrs. and up

Lowe's, 350 N. Gates Dr. in Whitehall Plaza **Location:** 

**Instructor:** Bruce Jennings, Housing Program Manager, H.A.N.D. Co-sponsored by the City of Bloomington Housing and Other:

Neighborhood Development Department.

#### **Beautiful Spring Wildflowers!**

Learn how to identify wildflowers and wild edible plants. The class covers basic plant identification skills, including how to use keys and guides. The second class meets at the McCormick's Creek State Park Nature Center for a park tour. If you have a wildflower identification guide, bring it to both class meetings.

Code Day(s) Date(s) Time Register by 47625-A 4/8 Thur. 6:30-8:30 p.m. 4/5

Sun. 4/11 2-4 p.m.

\$9/in-city, \$12/non-city (2 classes, 4 hours) **Cost:** 

18 yrs. and up Ages:

**Location:** 4/8: City Hall, Hooker Conference Room, #245

4/11: McCormick's Creek State Park—meet by 1:45 p.m.

**Instructor:** Marcia Pluta-Figueiredo

#### Introduction to Food Preservation

See page 40.

#### Introduction to Permaculture

Permaculture is a system of ecological design that analyzes and replicates natural patterns in order to create sustainable human habitats. It has many applications in gardening and landscape design. Participants learn about the promise of permaculture for designing sustainable futures and how to implement permaculture design features at home.

Code Day(s) Date(s) Time Register by 47626-A Sat. 4/3 1-4 p.m. 3/29

**Cost:** \$15/in-city, \$18/non-city Ages: 18 yrs. and up

Hinkle-Garton Farmstead Historic Site, 2920 E. 10th St. **Location:** 

**Instructor:** Rhonda Baird

Other: Co-sponsored by Bloomingfoods.

#### **Designing Your Flower Garden**

Learn the principles for creating an English flower garden or cottage garden. Combine the right plants for a garden of continuous bloom.

Time Code Day(s) Date(s) Register by 47627-A Wed. 4/7 6:30-8:30 p.m. 3/31

Cost: \$9/in-city, \$10/non-city

Ages: 18 yrs. and up

Location: Project School, 349 S. Walnut St. Instructor: Maria D. Peraza, horticulturist Other: Co-sponsored by Bloomingfoods.

**(B)** 

#### **Introduction To Vegetable Gardening**

Learn the basics you need to start your own vegetable garden this season. We'll talk about soil preparation, choosing plant varieties and organic gardening methods

Time Date(s) Register by Code Day(s) 47628-A Thur. 4/8 6:30-8 p.m. 4/1

\$6/in-city, \$7/non-city **Cost:** Ages: 18 yrs. and up

**Location:** Banneker Community Center, Kitchen

**Instructor:** Stephanie Solomon, Nutrition Education Coordinator,

Mother Hubbard's Cupboard

Co-sponsored by Mother Hubbard's Cupboard Other:

and Bloomingfoods. Free childcare available

for children ages 8-12 yrs.



## Cooking, Food, and Drink

## **Dinner Made Easy: An Introduction to Freezer Meals**

If you're tired of hearing "What's for dinner?", here's an easy answer. Learn how to make quickly prepared meals and keep them in the freezer to heat and eat. Participants prepare a variety of meals for freezing, including Dijon pork chops, lemon-herbed chicken tenders, bacon-wrapped chicken, top sirloin with red wine marinade, sweet-n-sour pork chops, buttermilk herb chicken, sesame soy sirloin, and chicken bruschetta bake. Learn the basics of freezer meal preparation and storage, as well as how to cut your grocery bills by shopping smarter.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47630-A
 Thur.
 2/11–2/25
 7–8:30 p.m.
 2/4

Cost: \$20/in-city, \$25/non-city (3 classes, 4½ hours)

Additional materials fee of \$68 payable to instructor at first class (covers materials for 8 entrées, 4 servings

each—enough for 32 meals).

Ages: 18 yrs. and up

**Location:** Banneker Community Center, Kitchen

**Instructors:** Lisa Ross and Nikki Wolf

Other: Co-sponsored by Bloomingfoods. Free childcare

available for children ages 8-12 yrs.

#### Feijoada Brasil

Prepare and eat a traditional Brazilian meal of *feijoada* (a black bean and pork stew), served with *couve* (made with sauteed shredded collard greens), Brazilian-style rice, *farofa* (toasted manioc), *molho apimentado* (hot green salsa), and fresh oranges. The class includes meal preparation instructions, recipes, and Brazilian music during dinner.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47631-A
 Wed.
 2/17
 6-8 p.m.
 2/10

Cost: \$8/in-city, \$10/non-city

Additional materials fee of \$10 payable to instructor

in class.

Ages: 18 yrs. and up

Location: Banneker Community Center, Kitchen
Instructor: Marcia Pluta-Figueiredo and Sylvia Figueiredo
Other: Co-sponsored by Bloomingfoods. Free childcare

available for children ages 8–12 yrs.

#### Introduction to Food Preservation

Learn the basics of the most common methods of food preservation. Preserve the bounty of the harvest, whether you grow it yourself or buy it at the City of Bloomington Community Farmers' Market, and enjoy it long after the harvest is over. This is the first People's University class scheduled in the new kitchen facility.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47632-A
 Thur.
 4/1
 6-8 p.m.
 3/25

Cost: \$7/in-city, \$9/non-city
Ages: 18 yrs. and up

**Location:** Food Works for Middle Way House,

318 S. Washington St.

Instructor: Stephanie Solomon, Nutrition Education

Coordinator, Mother Hubbard's Cupboard

Other: Co-sponsored by Mother Hubbard's Cupboard, Food

Works for Middle Way House, and Bloomingfoods.

#### **Sunday Brunch at the Winery**

The menu: farm-fresh eggs with mild salsa verde, smoked salmon, and cheddar; seared Black Angus tenderloin with mint and coriander gravy; home fries with spinach, onions, and mushrooms; thick slices of French toast; and fresh fruit compote soaked in warm Oliver port. The concept: We'll do the cooking—you do the looking and the eating! A full meal with demonstration of two items by Chef Matt O'Neill. The event includes a guided tasting of Oliver wines.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47633-A
 Sun.
 5/16\*
 1-3 p.m.
 5/11

Cost: \$40/in-city, \$49/non-city

Ages: 18 yrs. and up

**Location:** Oliver Winery, 8024 N. Hwy. 37

**Instructor:** Chef Matt O'Neill

Other: \*Raindate is 5/30. Registration for the brunch indicates

availability for raindate. Co-sponsored by Bloomington

COOKING

Cooking School.

## Health & Wellness

#### Tai Chi EE

Learn the invigorating Chinese health and relaxation exercise of tai chi along with a bit of "EE" (environmental education) that will improve your health and the health of the world. Tai chi is a slow moving, gentle, but aerobic exercise that is practiced in homes, parks, the corporate world, and in schools worldwide. The class has continual sessions, and students are invited to continue to enroll for form improvement and skill building.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47640-A
 Tue.
 1/19-3/9
 6-7 p.m.
 1/13

 47640-B
 Tue.
 3/23-5/11
 6-7 p.m.
 3/17

Cost: \$56/in-city, \$66/non-city (8 classes, 8 hours)

Ages: 18 yrs. and up

**Location:** Bloomington High School North, 3901 N Kinser Pk.,

Choir Room, #916. On 3/2 class meets in the Bloomington High School North Library.

Instructor: Elisa K. Pokral, Certified Tai Chi Instructor

**Bollywood Dancefit** 

See page 42.



## Yoga Classes ——

Bring a mat, a yoga block, and a belt or strap if you have one. If not, call 349-3737 for more information on these class supplies.

For ages 18 yrs. and up.

City of Bloomington Alison-Jukebox Community Center Instructor: Aaron Fleming, certified Iyengar yoga teacher

#### Yoga: Level 1

Taught in the Iyengar tradition, which is known for its emphasis on safety and alignment, **this beginner's class is suitable for those new to yoga.** The class will emphasize standing poses, the foundation of the Iyengar method, and introduce preparations working up to shoulderstand.

Code	Day(s)	Date(s)	Time	Register by
47641-A	Sat.	1/23-2/27	11:15 a.m12:15 p.m	. 1/19
47641-B	Tue.	1/26-3/2	6–7 p.m.	1/20
47641-C	Sat.	3/6-4/10, 4/24*	11:15 a.m12:15 p.m	. 3/2
47641-D	Tue.	3/9-4/20*	6–7 p.m.	3/3

Cost: \$45/in-city, \$55/non-city (6 classes, 6 hours)
Other: \*Class does not meet 3/16, 3/17, and 3/20.

#### Yoga: Level 1-2

Taught in the Iyengar method, which is known for its emphasis on safety and alignment, this class is **suitable for beginners who are more athletic or those with previous yoga experience but new to the Iyengar method.** Standing poses, shoulderstand and plough pose will be used.

Code	Day(s)	Date(s)	Time	Register by
47642-A	Tue.	1/26-3/2	7:15-8:45 p.m.	1/20
47642-B	Thur.	1/28-3/4	5:45-7:15 p.m.	1/21
47642-C	Sat.	1/23-2/27	9:30–11 a.m.	1/19
47642-D	Tue.	3/9-4/20*	7:15–8:45 p.m.	3/4
47642-E	Thur.	3/11-4/22*	5:45-7:15 p.m.	3/4
47642-F	Sat.	3/6-4/10, 4/24*	9:30–11 a.m.	3/2

**Cost:** \$48/in-city, \$59/non-city (6 classes, 9 hours) **Other:** \*Class does not meet 3/16, 3/17, and 3/20.

#### Yoga 2

Taught in the Iyengar method, which is known for its emphasis on safety and alignment, this class requires completion of Yoga 1–2 or permission from the instructor. The class advances the student's understanding and practice.

Code	Day(s)	Date(s)	Time	Register by
47643-A	Thur.	1/28-3/4	7:30–9 p.m.	1/21
47643-B	Thur.	3/11-4/8, 4/29*	7:30–9 p.m.	3/4
Cost: Other:		cy, \$59/non-city (6 obes not meet 3/18, 4		s)

#### **RELAX: It's All Well and Good!**

The workshop focuses on practical self-healing methods that give participants lifelong skills to use in managing stress, including self massage, yoga, breathing, meditation, and cognitive

behavioral techniques.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47644-A
 Mon.
 1/25
 6:30–8:30 p.m.
 1/20

Cost: \$8/in-city, \$9/non-city

Additional materials fee of \$15 payable to the instructor

in class for an interactive stress training book.

Ages: 18 yrs. and up

**Location:** City Hall, Hooker Conference Room, #245

**Instructor:** Beth Moses

## Balanced Effort—Alignment and Core Support Through Yoga

The class focuses on building healthy alignment, postural awareness, and core strength through yoga, Pilates-based exercises, and other experiential explorations of movement. Both fun and functional, the class is ideal for students with some background with yoga or Pilates. Beginners are welcome. Students should plan on working barefoot. A yoga mat or towel would be helpful.

**Code Day(s) Date(s) Time Register by** 47646-A Tue. 2/2–3/9 7:15–8:30 p.m. 1/27

Cost: \$37/in-city, \$46/non-city (6 classes, 7½ hours)

Ages: 18 yrs. and up

**Location:** Bloomington High School North,

3901 N. Kinser Pk., Choir Room, #916. On 3/2, class meets in the BHSN Library.

Instructor: Allana Radecki

### **Creating Dreams, Manifesting Visions**

The course is for people who want to move forward with their dreams. While learning how to create the lives they want to live, participants will use a variety of exercises and activities in the class to facilitate the transition.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47645-A
 Tue.
 2/2–2/23
 7–9 p.m.
 1/27

Cost: \$25/in-city, \$31/non-city (4 classes, 8 hours)

Ages: 18 yrs. and up

**Location:** City Hall, Kelly Conference Room, #155

**Instructor:** Julie James, Life Coach

#### Middle Eastern Dance classes

See page 42.

#### Simply Living in a Busy World

**Learn how to simplify your life.** Topics include simplifying with environmental awareness, simplifying for well-being, and simplifying for focusing on highest priorities. Participants create a Personal Simplification Plan that they can begin implementing during the course.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47647-A
 Tue.
 3/2-3/30\*
 7-9 p.m.
 2/24

Cost: \$25/in-city, \$31/non-city (4 classes, 8 hours)

Ages: 18 yrs. and up

**Location:** City Hall, Kelly Conference Room, #155

**Instructor:** Julie James, Life Coach **Other:** \*Class does not meet 3/16.

## Music & Dance



Allison-Jukebox Community Center For ages 18 yrs. and up • Instructor: Margot Scholz Cost: \$54/in-city, \$67/non-city (6 classes, 6 hours)

Experience six weeks of professional ballroom instruction in swing, cha cha, rumba, waltz, foxtrot, and blues. Students master the steps and stylings in easy modules and learn which dances work with which music. Ballroom dancing is both an important social skill and also an enjoyable low-impact aerobic exercise. Have a convivial Friday evening while learning new skills and staying healthy!

#### **Ballroom Dancing: Beginning**

Code	Day(s)	Date(s)	Time	Register by
47650-A	Fri.	1/15-2/19	6:30-7:30 p.m.	1/7
47650-B	Fri.	2/26-4/9*	6:30–7:30 p.m.	2/18
47650-C	Fri.	5/7-6/11	6:30–7:30 p.m.	4/29

#### **Ballroom Dancing: Intermediate**

Code	Day(s)	Date(s)	Time	Register by
47651-A	Fri.	1/15-2/19	7:30-8:30 p.m.	1/7
47651-B	Fri.	2/26-4/9*	7:30–8:30 p.m.	2/18
47651-C	Fri.	5/7-6/11	7:30–8:30 p.m.	4/29

\*Class does not meet 3/19.

#### **Bollywood Dancefit**

Dance your way to fitness today with an upbeat aerobics class based on the music and dance of popular Bollywood films. "Jai Ho!"

Code	Day(s)	Date(s)	Time	Register by
47653-A	Sat.	1/23-3/13	9–9:50 a.m.	1/19

Cost: \$35/in-city, \$43/non-city (8 classes, 6 hours 40 min.)

Ages: 18 yrs. and up

**Location:** Panache School of Ballroom and Social Dance,

311 E. Winslow Rd., Winslow Plaza

**Instructor:** Sandra Myers

Other: Co-sponsored by Panache

School of Ballroom and Social Dance.



#### Tap Dance Through Time: An Introduction to Rhythm Tap

In this beginning level dance class, students **learn the basics of rhythm tap through classic steps and routines:** soft shoe, time steps, the shimsham, and more. The instructor places the dances in historic and cultural context using video and musical samples. Students need appropriate shoes for the class. Tap shoes are suggested but not required. Leather-soled shoes, dance sneakers, or any other shoe that will brush easily on the floor will be fine.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47654-A
 Mon.
 2/1–3/8
 7:30–8:30 p.m.
 1/26

Cost: \$45/in-city, \$55/non-city (6 classes, 6 hours)

Ages: 18 yrs. and up

**Location:** Allison-Jukebox Community Center

Instructor: Allana Radecki

#### **Fundamentals of Middle Eastern Dance**

Participants will **learn the basics of Middle Eastern dance, also known as** *raks sharki* **or belly dance.** Find the spirit of dance through this exciting and empowering art form—exercise for the body, expression for the soul. Participants will need to purchase finger cymbals. Details will be given during the first class. Session II is a continuation of Session I; however, beginning students may join Session II.

Code	Day(s)	Date(s)	Time	Register by
47655-A	Wed.	2/10-3/10	6:30-7:30 p.m.	2/4
47655-B	Wed.	3/24-4/21	6:30–7:30 p.m.	3/18

Cost: \$54/in-city, \$64/non-city (5 classes, 5 hours)

Ages: 18 yrs. and up

Location: Allison-Jukebox Community Center Instructor: Lois Silverman, Mazikeen Arts

#### **Intermediate Middle Eastern Dance**

Participants will refine and expand their mastery of Middle Eastern dance, while experimenting with solo dancing, creative play, zillwork, and group improvisation. "Fundamentals of Middle Eastern Dance" is a prerequisite for this class. Bring finger cymbals, if you have them; information on purchase at first class.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47656-A
 Wed.
 2/10-3/10
 7:45-8:45 p.m.
 2/4

 47656-B
 Wed.
 3/24-4/21
 7:45-8:45 p.m.
 3/18

Cost: \$54/in-city, \$64/non-city (5 classes, 5 hours)

Ages: 18 yrs. and up

**Location:** Allison-Jukebox Community Center **Instructor:** Lois Silverman, Mazikeen Arts

#### **Guitar Made Easy**

Learn the basics of guitar playing from an experienced musician and teacher and get ready to move to the next level. There's no pressure in this class designed for fun. Please bring an acoustic or electric guitar.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47657-A
 Tue.
 2/23-4/6\*
 6-7 p.m.
 2/17

Cost: \$30/in-city, \$37/non-city (6 classes, 6 hours)

Ages: 18 yrs. and up

**Location:** Bloomington High School South,

1965 S. Walnut St., #A127

**Instructor:** Curtis Cantwell Jackson **Other:** Class does not meet 3/16.

#### **Latin Street Dance**

Put some fire in your life by learning Latin street dances, including salsa, merengue, and bachata, from experienced instructors in a relaxed class. A healthy low-impact aerobic sport, Latin street dancing is also a very useful social skill. Have fun and get fit at the same time!

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47652-A
 Sat.
 1/23–3/13
 2–4 p.m.
 1/19

Cost: \$54/in-city, \$67/non-city (8 classes, 16 hours)

Ages: 18 yrs. and up

**Location:** Panache School of Ballroom and Social Dance,

311 E. Winslow Rd., Winslow Plaza

**Instructor:** César Wilson

Other: Co-sponsored by Panache School

of Ballroom and Social Dance.



## Music & Dance (continued)

#### **Singing For Beginners**

The class provides easy methods for understanding and effectively using your singing voice. Discover the voice you

never knew existed!

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47658-A
 Tue.
 2/23-3/30\*
 7:15-8:45 p.m.
 2/17

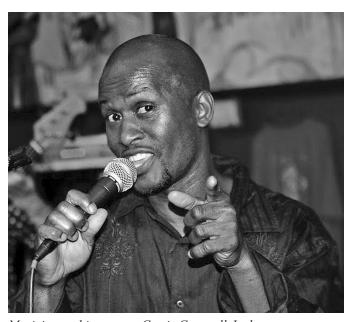
Cost: \$37/in-city, \$45/non-city (5 classes, 7½ hours)

Ages: 18 yrs. and up

Location: Bloomington High School South,

1965 S. Walnut St., #A127

**Instructor:** Curtis Cantwell Jackson **Other:** \*Class does not meet 3/16.



Musician and instructor Curtis Cantwell Jackson

## **Arts & Crafts**

## The Art of the Garden: The Gardens of Paris and Versailles

See page 37.

#### Fishing Lures from Household Products

Learn to **make fishing lures that really catch fish** from items such as kitchen spoons and dowel rods. All materials are included.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47660-A
 Thur.
 1/28
 6:30-8:30 p.m.
 1/21

Cost: \$10/in-city, \$12/non-city

**Ages:** 18 yrs. and up

**Location:** Banneker Community Center, Kitchen

**Instructor:** Philip C. Nasi

Other: Free childcare available for children ages 8–12 yrs.

#### Plan a Garden for Craft Activities

See page 38.

#### Nantucket-Style Mini Basket

**Learn how to weave a Nantucket style basket** by weaving reed and cane over a mold. The baskets, measuring just 3.5" wide and 3.25" high, are perfect for small flowers, keys, or spare change and make wonderful gifts.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47661-A
 Sat.
 4/10–4/17
 1–4 p.m.
 4/6

Cost: \$14/in-city, \$17/non-city (2 classes, 8 hours)

Additional \$15 materials fee payable to the

instructor at first class.

Ages: 18 yrs. and up

**Location:** Hinkle-Garton Farmstead Historic Site, 2920 E. 10th St.

**Instructor:** Chris Nicholson

#### How to Make Blown Glass Beads

Learn how to **make glass beads on a mandrel with borosilicate glass.** Beads will be available for pickup the following day. All materials are included in fee.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47662-A
 Tue.
 4/20
 5:30-7:30 p.m.
 4/14

Cost: \$42/in-city, \$52/non-city

Ages: 18 yrs. and up

**Location:** Be Glass, 3808 W. Vernal Pk.

**Instructor:** Ross Thackery

Other: Co-sponsored by Be Glass



#### **Basic Glass Bead Fusing**

Participants learn how to cut glass into decorative shapes and melt it into wearable art. The class covers the basics of kiln safety and details of fusing and glass working. Participants may pick up their beads when convenient. All materials are included in fee.

 Code
 Day(s)
 Date(s)
 Time
 Register by

 47663-A
 Tue.
 4/27
 5:30-7:30 p.m.
 4/21

Cost: \$42/in-city, \$52/non-city

Ages: 18 yrs. and up

**Location:** Be Glass, 3808 W. Vernal Pk.

**Instructor:** Ross Thackery

Other: Co-sponsored by Be Glass



## Arts & Crafts (continued)

#### **Sun Painting**

Sun painting or heliographic art utilizes photosensitive fabric paints applied to fabrics on which leaves, feathers, or stencils are then placed. This simple and effective decorative technique uses direct light from the sun or from bright artificial light to fix color in exposed areas, leaving silhouettes of the objects placed on the fabric.

Code Day(s) Date(s) Time Register by 47664-A Sat. 5/1 11 a.m.-12:30 p.m. 4/26

\$6/in-city, \$7/non-city **Cost:** 

Additional materials fee of \$12 payable to instructor

in class.

Ages: 18 yrs. and up

Hinkle-Garton Farmstead Historic Site, 2920 E. 10th St.

**Instructor:** René Thompson

#### **Have Fun with Watercolor!**

Both beginning and experienced artists will find the class useful. Step-by-step instructions and demonstrations make mastery easy. Projects include creating movement in paintings, using collage and watercolor to create texture, painting a coastal scene with different skies, and using flower shapes to create an abstract and collage painting. Students receive a supply list after registration.

Code Day(s) Date(s) Time Register by 47665-A Tue. 5/18-6/8 6-8 p.m. 5/12

\$41/in-city, \$51/non-city (4 classes, 8 hours) **Cost:** 

Additional collage materials fee of \$10 payable to

instructor at first class.

Ages: 18 yrs. and up

Allison-Jukebox Community Center **Location:** 

**Instructor:** Jeanne Iler

#### **Tewelry Making**

The instructor provides step-by-step instructions and helpful tips to make designer jewelry. Participants explore a variety of materials and techniques. The class includes: making beads, small bowls, and jewelry from polymer clay; making a matching brooch and earrings with Friendly Plastic; making earrings, a pin, and a magnet with Shrinky Dinks; and learning new wire-wrapping techniques.

Register by Code Day(s) Date(s) Time 5/13 47666-A 5/20-6/10 Thur. 6-8 p.m.

\$41/in-city, \$51/non-city (4 classes, 8 hours) **Cost:** 

Additional \$25 materials fee payable to instructor

in class.

Ages: 18 yrs. and up

**Location:** Allison-Jukebox Community Center

**Instructor:** Jeanne Iler

### **Business**

#### Starting a Specialty Food Business

The class provides information about joining the Bloomington Kitchen Incubator (BKI), a new nonprofit organization which supports fledgling food businesses. BKI helps entrepreneurs write business plans, navigate health code requirements, access a commercial kitchen facility (primarily Food Works for Middle Way House), develop appropriate labels and packaging, and distribute products. The class is perfect for gardeners and farmers wishing to use BKI to make value-added products from garden-fresh produce.

Code Day(s) Date(s) Time Register by 47670-A Tue. 2/2 7-8 p.m. 1/28

**Cost:** \$5/in-city, \$6/non-city

18 yrs. and up Ages:

Old National Bank, 2718 E. Third St. Location:

Instructor: Maggie Sullivan

Co-sponsored by Bloomington Kitchen Incubator Other:

## **Workshops**

NEWI

NEWI

#### How to Teach for People's University

If you have skills or knowledge you'd like to share with other community members, here's a free class to help you become a **People's University instructor.** The class covers class planning, budgeting, facilities, proposal writing, and contracts. Participants receive the People's University Instructor Manual, assistance with curriculum development, and tips on working with adult learners.

Code Day(s) Date(s) **Time** Register by 47600-A 6:30-8:30 p.m. Tue. 4/20 4/14

**FREE** Cost: Ages: 18 yrs. and up

**Location:** City Hall, Hooker Conference Room, #245

**Instructor:** H. Michael Simmons



Instructor and students in the This Whole House class. See page 39 for information.

### **Volunteer Opportunities**

### V

#### Citizen Scientist Certification

Parks and Recreation is proud to offer a unique opportunity for community members ages 14 yrs. and up: Citizen Scientist certification. To receive this certificate, participants must complete at least one environmental education or scientific monitoring workshop, or attend two scheduled programs indicating a Citizen Scientist opportunity. Candidates must also volunteer at least 10 hours monitoring or maintaining the city's natural areas. For more information or to receive a list of upcoming workshops and Citizen Scientist opportunities, call 349-3736 or e-mail cotters@bloomington.in.gov.

#### Adopt-a-Trail Program

More than 30 trail miles in Bloomington's city parks need periodic inspection and maintenance to remain safe and usable. Parks and Recreation staff provide training and equipment to volunteer groups of any size for monthly trail monitoring and annual trail maintenance. Volunteer monitoring and maintenance hours can be applied toward your Citizen Scientist certification.

#### Fall-Winter 2009 BRAVO Award Recipients

**September:** Eric Eads for playing an in ongoing, instrumental role in the Fourth of July Parade and for putting in countless hours preparing for the Twin Lakes Recreation Center grand opening.

October: Tonia Matthew for being our most consistent and most hard-working volunteer during our monthly Bryan Park

Creek Maintenance Days.

**November:** Marcia Meyer for sharing her appreciation and love of the Community Farmers' Market with Market patrons.

December: John Cantwell for creating a Hook A Kid on Golf scholarship fund allowing area children to participate in the Hook A Kid program and for contributing countless hours of service during the Hook A Kid on Golf

National Tournament.

### **Volunteer for Leonard Springs Nature Day**

Wednesday, March 24 (Rain date: Friday, March 26) Tuesday, March 30 (Rain date: Thursday, April 1) Wednesday, April 21 (Rain date: Friday, April 23) Tuesday, May 11 (Rain date: Thursday, May 13)

Volunteer to teach area sixth grade students about our awesome natural heritage through multiple stations including karst, creeks, wetlands, forests, and soils.

Duties: If you have an interest in the outdoors and enjoy working with children, sign up for one or more of our Leonard Springs Nature Day programs. We ask you to sign up for the actual and rain dates that fit with your schedule.

Program time: 9 a.m.-2 p.m.

Location: Leonard Springs Nature Park, 4655 S. Leonard Springs Rd.

Age of volunteers: 18 yrs. and up Number of volunteers: 18 per day



Shirley Springs at Leonard Springs Nature Park

### Get Involved ... Volunteer!

### Look for the volunteer symbol throughout this program guide.

For a complete listing of upcoming volunteer opportunities visit www.bloomington.in.gov/parks.

If you would like to volunteer with Parks and Recreation, receive a Volunteer Opportunities brochure, or be added to our Volunteer Opportunities e-mail list, contact Kim Ecenbarger at 349-3739 or ecenbark@bloomington.in.gov.

#### Banneker at the View

Weekly, January 5–May 21

Help local youth interested in learning new things, experiencing different activities and having an all-around great time in our after-school program. This program also includes built-in tutoring time, arts and crafts and snacks daily.

**Duties:** Whether you enjoy working with youth or have professional aspirations to, this service opportunity gives you hands-on experience. Assist staff in implementing a variety of children's activities.

**Program time:** 3–6 p.m.

Location: Fairview Elementary School, 627 W. Eighth St.

Age of volunteers: 16 yrs. and up

Number of volunteers: 4-6 per day, Monday-Friday

Other: We ask that you commit to at least one day a week for the duration

of the program season.

### Bloomington Girls Fastpitch Softball

March 30–July 31

Designed for the beginning through advanced player, this league focuses on responsible competition, including skill building and a complete understanding of the game. This league offers several levels of play ranging from tee ball to fastpitch for players ages 5-15 yrs.

Duties: Pitch, hit, field and throw. Volunteers come on board as a seasonlong coach and teach the game of fastpitch softball. Coaches plan practices by integrating various drills and prepare their team for game competition. Here is your chance to put your mark on tomorrow's athlete. Prospective coaches must sign up by Wednesday, March 24 and must attend one of the following information sessions at the Frank Southern Ice Arena:

Tuesday, March 30, 6:30 p.m. or Wednesday, March 31, 6:30 p.m.

**Team placement:** April 1–7 from 6:30–8 p.m. at Lower Cascades softball fields. Rain location is Frank Southern Ice Arena.

**Program time:** Coaches will be assigned one or two one-hour practices per week and one, one-hour game per week. Must be willing to become NYSCA certified and work from a set practice schedule.

Location: Winslow Sports Complex and Lower Cascades softball fields **Age of volunteers:** 18 yrs. and up. Looking for coaches in all age groups. Number of volunteers: 30-35

#### Learn to Ride

Tuesday, Wednesday, Thursday May 11–13 Tuesday, Wednesday, Thursday May 18–20

Beginning bicycle riders will be prepared to spend the entire summer cruising on their bicycles after this Bloomington Bikes Week program. Participants learn how to confidently and safely ride their bikes through individual instruction, and also learn about bike maintenance, road safety, and proper bike and helmet fittings.

**Duties:** Proper instruction is an important aspect of bicycle riding. Help teach children riding etiquette and techniques that will keep them safe as they ride their bikes.

Program time: 4-5:30 p.m.

Location: Bryan Park Pool—parking lot Age of volunteers: 18 yrs. and up Number of volunteers: 8 per day

Other: Sign up for one, three day session, or both sessions.

Volunteers will do a lot of running.

**Special thanks to our Parks Partners!** So many of our programs and events are made possible through the involvement and sponsorship of local businesses and organizations. Sponsorship comes in the form of products, gift certificates, media sponsorship, services and dollars. We'd like to thank the following sponsors for their involvement this past program season.

#### **Parks Partners**

Arthur Murray Dance Studio Avenues Realty Group Bell Trace Senior Living Bloomington Hospital Bloomington Iron and Metal Bloomington Power Sports Clariti, Inc.

Clariti, Inc.
Curry Auto Center

Don Baker, DDS

ENT Associates, Dr. Paul Johnson

Fairfield Inn

Finch's Brasserie

Homewood Suites

Kelley School of Business

Kirkwood Photo

Lighthouse Christian Academy

Lisa Baker, DDS

Lotus Education and Arts Foundation

Monroe Bank

Nick's English Hut

Noodles & Company

Oliver Winery

Osmon Chiropractic Center

Smith's Shoe Center

Stephens Honda-Hyundai

Summerhouse Inn

Sylvan Learning

**Upland Brewing Company** 









#### **Parks Contributors**

Aver's Pizza Bloomington Transit Dick's Sporting Goods Harley-Davidson

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John West, FC Tucker

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Members Choice Federal Credit Union

Middle Way Food Works

Papa John's, Capital Pizza Inc.

Plato's Closet

Rock Creek Research

Southern Indiana SCUBA

St. John, May & Woolford

Stone Age Institute

#### **Parks Supporters**

Bloomington Realty

#### **Parks Patrons**

Community Kitchen Goods for Cooks Scotty's Wal-Mart

#### **Parks Donors**

Chipotle

Mad Mushroom

Monroe County Parks & Recreation

Take a look at some of our Winter-Spring Sponsorship Opportunities:

**Hoosier Hustle** 

Market: General community

**Performing Arts Series** 

Market: General community

Egg Scramble

Market: College students

and adults

Children's Expo

Market: Parents with school-age children

Senior Expo

Market: Older adults

**Bloomington Girls Fastpitch Softball** 

Market: Parents with adolescent children/athletes

**B-Line Trail** 

Market: General community

Twin Lakes Recreation Center

Market: General community

For a complete list of sponsorship opportunities along with marketing benefits, visit www.bloomington.in.gov/parks and click on the "About Parks and Recreation" link, and then the Sponsorship Opportunities" link.

Contact Special Services Coordinator, Kim Ecenbarger at 349-3739 or ecenbark@ bloomington.in.gov to align your business with City of Bloomington Parks and Recreation Department programs or events.

### **Sponsorship Benefits**

**Recognition** Your business name will appear in our seasonal program guide, mailed to area households, and may also appear in other promotional materials such as posters, flyers, ads, our Web site or on-site signage.

**Community Support** Your sponsorship dollars directly support programs and services for Bloomington-area residents. We partner with many other local agencies to bring participants the best possible entertainment, educational and recreational programs.

### Would you like to make this list?

This brochure reaches approximately 30,000 households in the Bloomington area, and your business name can be added to this list. Our friendly sponsorship coordinator is happy to send you a list of sponsorship opportunities currently available. All you have to do is ask!

Give Kim Ecenbarger a call at 349-3739, or e-mail ecenbark@bloomington.in.gov.

A list of current and upcoming sponsorship opportunities is available on our Web site at **www.bloomington.in.gov/parks.**Your sponsorship means our programs can be offered at a quality level and affordable price to participants.





Morgan Ellis, Laura Patterson, and Amy Shrake, Inclusive Recreation Services

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### How to register: Choose one of five ways



Online registration available 24–7! Visit us on the Web: www.bloomington.in.gov/parks Secured for credit card payment.

# Register in person by coming to the

by coming to the
City of Bloomington
Parks and Recreation office
located in City Hall at
401 N. Morton St., Ste. 250,
Monday–Friday,
8 a.m.–5 p.m.

## MAIL IN

Simply complete the registration form and send it to Bloomington Parks and Recreation 401 N. Morton St., Ste. 250 Bloomington, IN 47404 Registrations must be received before the deadline.



## FAX IN Fax a completed

registration form to (812) 349-3705.

Be sure to include your Visa or Mastercard number and expiration date. Available 24 hours a day!

### **DROP OFF**

A convenient drop box is located outside City Hall, at the "401" address doors. Drop off your registration after hours or whenever it's convenient for you. Make sure you drop off before the registration date.

AM I a CITY OF BLOOMINGTON RESIDENT? A resident is any person who resides within the City's corporate limits. Do you pay Bloomington property taxes? Do you have a City of Bloomington trash pickup service? If you can answer "yes" to both of these questions, then you are a "City of Bloomington Resident." If you are in an apartment and unsure if the property is "in-city" we can verify by checking your address. Even if your mailing address is "Bloomington," it does not necessarily mean you are a City resident. Please call the City of Bloomington Parks and Recreation office at 349-3700 if you have residency questions.

FEES AND CHARGES City of Bloomington Parks and Recreation is a City of Bloomington department under the administration of the Mayor of Bloomington. City of Bloomington residents, through property taxes, make a significant contribution to the operation of the park system. Non-resident fees are charged so non-resident participants can fairly contribute to overall financing of the park system. Fees are listed separately for City of Bloomington residents and non-city residents. Residency verification may be requested.

WAIVER OF LIABILITY The City of Bloomington is not responsible for any injuries sustained as a result of participation in any department sponsored activity, or while using departmental facilities. It is recommended that *anyone* enrolled in a program or using facilities make provisions for adequate coverage within *their* own insurance plan.

LATE REGISTRATION Any registrations received after the deadline date may be subject to a late registration fee.

**REFUND POLICY** No refunds are provided after the first day of a program. All refunds are subject to a \$2 fee. If the \$2 charge does not cover costs incurred by the department, the refund may be pro-rated in addition to the \$2 charge. *There are no refunds on season passes.* Full refunds are given on all programs canceled by City of Bloomington Parks and Recreation.

WAITING LISTS If your desired class is filled, you will be notified and placed on a waiting list.

REGISTRATION PROCEDURES Complete the registration form, online or hard copy, making sure all information is current and correct. Parent/guardian information is vital in the event of an emergency. Include all pertinent information, including the program code listed beside the program information. Read and sign the waiver statement located in the lower left area of the registration form. Pay by check, money order, Visa or Mastercard. Make checks payable to Bloomington Parks and Recreation. If paying by credit card, please include the card number, expiration date and signature in the spaces provided. Full payment is required at the time of registration. Forms will be processed in the order received. Register early! All forms must be received by the registration deadline. City of Bloomington Parks and Recreation is not responsible for lost or late mail. Registration receipts will be mailed to you. This is not a guarantee of enrollment, but an acknowledgement of your registration. We will contact you by phone or mail if there is a problem with your registration.

PROGRAM REGISTRATION FORM									
Name Hom					Phone				
(parent/guardian if participant is under 18 or under legal guardianship)									
City State	te Zip Emergency Contact								
City of Bloomington Resident? Yes No E-mail Ac (If you are unsure of your residency status, please call 349-3700)					ddress				
How did you hear of this program?	Program (	Guide Newspap	er Flyer Frier	nd E-mail	Web site Previ	ious Participant O	ther		
Participant Name	M/F	Birthdate	Shirt Size	Prog	gram Name	Class Code	Fee		
Inclusive Service Request:  Reasonable accommodations are needed to participate in above program(s) related to specific needs associated with a disability. (circle one) YES NO  If YES, please complete an Inclusion Assessment and the Inclusive Recreation Coordinator will contact you. We request at least two weeks notification for reasonable accommodations requests. In some cases reasonable accommodations may take longer.				Include Your Voluntary Donation  Youth Scholarship Fund  Bloomington Tree Fund  Bloomington Park and Recreation Foundation					
The undersigned is the adult Program Participant, or is the parent or legal guardian of the Program Participant. The					Total Enclosed \$				
undersigned hereby states that s/he understands the activities that will take place in this program, and that the Program Participant is physically and mentally able to participate in this program. The undersigned recognizes, as with any activity, there is risk of injury. In the event that the Program Participant sustains an injury in the course of the program, and the				Method of Payment:					
City of Bloomington Parks and Recreation Department is unable to contact the appropriate person(s) to obtain consent for treatment, the City of Bloomington Parks and Recreation Department and/or its employees or volunteers are authorized to take reasonable steps to obtain appropriate medical treatment. The Program Participant and/or his/her parent or legal guardian shall be responsible for the cost of such treatment. The Undersigned now releases the City of Bloomington, the Bloomington Parks and Recreation Department, its employees, agents, and assigns, from any claims including, but not limited to, personal injuries or damage to property caused by or having any relation to this activity. It is understood that this release applies to any present or future injuries and that it binds the Undersigned, Undersigned's spouse, heirs, executors and administrators. The Program Participant may be photographed and videotaped while participating in Parks and					☐ Cash (do not mail cash) ☐ Check/Money Order				
					Visa/Mastercard #				
					Expiration Date				
					Signature				
Recreation activities, and consent is given for the reproduction of such photos or videos for advertising and publicity.  I have read this release and understand all of its terms. I agree with its terms and sign it voluntarily.				Make check or money order payable to: City of Bloomington Parks and Recreation					
Signature (parent/guardian if participant is under 18 or under legal guardianship)  Date					Mail registrations to: City of Bloomington Parks and Recreation 401 N. Morton Street, Ste. 250, Bloomington IN 47404				